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PROGRAM

HOUSEKEEPERS' CHAT

REL Monday, January 3/27.

1.9
Im 3Hh
Reserve

ANNOUNCEMENT: Aunt Sammy's Chat today is full of sunshine. She comes right out and tells all about the sun, and ultra-violet rays-- those important rays which won't shine through ordinary window glass. The second half of the program is devoted to a popular and versatile fruit, which can be used in a variety of ways. Before she leaves, Aunt Sammy will broadcast a recipe for-- I'll let her tell it. The recipe will be included in the Radio Cookbooks, which are sent free to Station _____'s radio friends.

Here is a question I have been expecting ever since I talked to you about the importance of sunshine and codliver oil. I believe I told you that the ultra-violet rays of the sun will prevent rickets in young children. These important rays also have a curative effect on tuberculosis.

The question I referred to is this: "What is meant by the ultra-violet rays of the sun?"

The ultra-violet ray is simply a part of the sunlight. If you cast sunlight through a prism, you will separate the sunlight out into its colors, or its spectrum. You will see violet, indigo, blue, green, yellow, orange, and red rays. Ultra means beyond. Ultra-violet rays are the rays beyond the violet. They seem to be necessary to the health of men, and other animals. The growth of children, and of young livestock, is greatly hindered if they do not get these ultra-violet rays.

Now violet rays will pass through ordinary window glass. Ultra-violet rays will not. The glass strains them out. So you see we don't get all of the sunlight when we sit in front of ordinary window glass.

I also told you the other day that scientists are working on a substitute for window glass that will admit these important ultra-violet rays. In fact, there is a glass which admits ultra-violet rays, but it costs around \$35. for a pane 5 by 8 inches. We couldn't afford many windows, at this price.

There is a substitute for sunlight, which you may have heard about. Doctor Hughes, a scientist at the Kansas State Agricultural College, experimented with young chickens, and found that the light from a mercury arc lamp has the same beneficial effect on chicks that sunlight has. He tried raising the chicks without sunlight, and found they wouldn't grow. He tried raising them in the dark, and they wouldn't grow. But he raised the chicks successfully when he gave them rays of light from a mercury arc lamp, for only five minutes a day. The light from an ordinary electric arc lamp is rich in ultra-violet rays, and is comparatively cheap.

Those of us who can get plenty of direct sunshine for our children, and for ourselves, need not worry about arc lamps, and expensive window panes. But we sometimes do forget to make the most of this health-giving sunshine. Many days children are allowed to play indoors when they should be out where the sun's rays can strike their hands and cheeks directly. This is of greatest importance in winter, when Old Sol doesn't show himself so much as he does in summer, nor beam on us with the same intensity. It may seem too good to be true, but even these brief, frequent, sunnings will help to prevent children from developing bow legs, knock knees, pigeon breast, and other signs of rickets.

Lack of sunshine may have bad effects on grown persons too. Especially the people who must work indoors and do not eat plenty of fresh fruits, vegetables, and other foods that might be classed as stored-up sunshine, because of the vitamins they contain.

I want to repeat what I said before, that direct sunshine, and Vitamin D, are necessary to normal health, and particularly important in the case of children. The ultra-violet rays in the sunshine, and Vitamin D, both have a curative effect on rickets and tuberculosis. Get all the sunshine you can. Eat foods rich in vitamins--fruits, whole cereals, vegetables, and dairy products. Most green foods are particularly good. And if you do not get enough ultra-violet light, there's cod-liver oil to fall back on. Cod-liver oil is so rich in Vitamin D that it is almost a substitute for ultra-violet rays. Consult your doctor about the proper dose of oil. Take it before meals, when you're hungry, and follow it with a little orange juice, to take away the fishy taste.

Vitamins are a fascinating subject. Nobody knows much about them. We do know they are essential to normal health. Vitamins cannot be bought in bottles. They aren't done up in packages, and sold at the corner drug store. The source of vitamins is no secret. I heard a foods specialist say the other day that "milk, vegetables, fruits, and direct sunlight will give one a better-balanced allowance of vitamins than any special cure-all on the market."

So there we are-- and it looks as though we might supply our own vitamins.

Well, one can't be talking about vitamins forever. I must be getting on.

"Second question: "Can you say anything good about prunes? Fresh fruits are so expensive now in my part of the country, that I am using dried fruits."

That's a very good idea-- to use dried fruits, and canned fruit, when fresh fruits are out of season. Considering the prune, I never could see why it has acquired such a plebeian reputation. Whenever a jokesmith wants to write a joke, he mentions prunes-- that is, if he mentioned mothers-in-law the day before.

Just to show you how highly I regard prunes, I wanted to include a delectable recipe for Prune Whip in the Christmas dinner menus. In fact, I suggested that very thing to the Bureau of Home Economics. "Prune Whip?" said the Bureau, hesitatingly. "For Christmas dinner? Yes, Aunt Sammy, we like Prune Whip, but some way it doesn't seem quite the thing for Christmas dinner".

The first of the two parts of the report is a general survey of the work done during the year. It is divided into two main sections, the first of which deals with the work done in the laboratory and the second with the work done in the field. The first section is divided into three parts, the first of which deals with the work done in the laboratory during the year, the second with the work done in the laboratory during the year, and the third with the work done in the laboratory during the year.

The second part of the report is a detailed account of the work done in the laboratory during the year. It is divided into three parts, the first of which deals with the work done in the laboratory during the year, the second with the work done in the laboratory during the year, and the third with the work done in the laboratory during the year.

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I gave in to the Bureau, and broadcast recipes for fruit cake, and plum pudding, but all the time I was thinking how good my Prune Whip would be. I'll give you the recipe in a few minutes.

Let's talk about prunes in general, first. Like other dried fruits, raisins, apricots, peaches, and so on-- prunes are important sources of sugar and minerals, particularly iron. They have in fact enough sugar in them, so that many people do not like any sugar added when prunes are cooked. The iron is one of the things that make prunes an especially good food for children.

Prunes should be soaked overnight or for several hours in cold water, and cooked in this same water in order to keep all the flavor and food value. Cook them in a covered dish or pan, with just enough water to give the amount of juice wanted. It is important to use as little water as possible, so the juice won't be tasteless. Sugar may be added if desired, as I've already said, but is usually unnecessary. In any case, add the smallest quantity of sugar needed to give the desired flavor, without masking (or hiding) the original fruit flavor. Lemon juice added after the prunes are taken from the stove gives them "pop" and a nice, fresh flavor.

Cooked prune pulp, mashed and flavored slightly with lemon and sugar, with or without chopped nut meats, is the basis of a number of good dishes. Did you ever use it as a tart or a cake filling? It's good sandwich filling, too, alone or with chopped almonds, pecans, walnuts, or peanuts. It may be spread on sponge cake, to make a jelly roll. No, that wouldn't be a jelly roll. But it would be an excellent prune roll.

Prunes can be used in bread pudding, too. When prunes are used in puddings, they should be soaked until the stones can be taken out easily. Then chop them-- the prunes, I mean. Layers of bread crumbs, alternated with prunes, with dots of butter and a sprinkling of sugar now and then, make a good prune "betty".

There's prune pie, too. Prune pie requires for filling simply ordinary stewed prunes, stoned, flavored with lemon, and sweetened. This is good made as open-faced pie, with a meringue or whipped cream on top.

Prunes may be used with, or instead of, other dried fruits in almost any fruit cake or plum pudding recipe, and in such recipes as oatmeal cookies, hermits, spice cake, brown bread, nut bread, or steamed puddings.

I think I told you how to make Parisian Sweets, with equal quantities of figs, dates, prunes, raisins, apricots, and nuts, or any combination of two or three of these. Put the fruits through a food chopper. Mix well, and roll in a little powdered sugar, or grated coconut. A small amount of honey improves the flavor of the confection.

I could give you other prune recipes, if I had the time. Perhaps you can give me some. Ready now, for Prune Whip. Six ingredients, as follows:

1/2 pound prunes
1 cup water
1/2 cup sugar
1/4 teaspoon salt
1 tablespoon lemon juice, or more
5 egg whites

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Six ingredients. What! Here's a lady over in Baltimore who has only five ingredients. That will never do. I'll read them again. (Repeat.)

Wash the prunes through several waters until thoroughly clean. Place in a bowl with the water, to **soak** overnight. In the morning cook the prunes in the water in which they have soaked, for fifteen minutes or until tender. Press through a colander. Measure the pulp and juice. There should be one cupful. Place the pulp with the sugar, over the heat, and stir until the sugar is dissolved. Cool. Whip the whites of the eggs until very light. Add the salt and the prune pulp in small amounts until all of it has been mixed with the whites of eggs, whipping always in the same way.

Pile the mixture lightly in a greased baking dish, surrounded by water, and place in the oven. Bake at a temperature from 250 to 275 degrees F. for fifty to sixty minutes.

When this is baked at this low temperature, for this length of time, the pudding should not fall after cooling. Serve with custard sauce made from the yolks of the eggs.

Here we are again, all through with another Housekeepers' Chat. I shall have a menu for you tomorrow.

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PROGRAM..... Housekeepers' Chat

RELEASE..... Tues., Jan. 4.

1.9
Im 3 HH
Reserve

ANNOUNCEMENT: A good old-fashioned boiled dinner, easily planned and easily prepared, is the headliner on today's program. There are some excellent ideas on meal planning, and at the very last, a most appetizing dessert. The recipes and the menu have been approved by the U.S. Bureau of Home Economics.

Do you feel like eating a boiled dinner today -- or tomorrow? A boiled dinner which will include corned beef, and many vegetables -- onions, turnips, parsnips, carrots, potatoes, cabbage, and -- But that's enough vegetables, for any boiled dinner. This one has all the makings of a regulation boiled dinner, but there's a world of difference in the method of cooking.

Before I go into detail about the boiled dinner, I must answer a question which is puzzling a lady in Omaha.

"Please tell me," she writes, "some of the elementary principles of meal planning, so that I can prepare nourishing meals for my family."

I am answering this question by radio rather than by letter, because it is of interest to every housewife who plans her meals and does her cooking.

AS I have said before, there are five main groups of foods. Planning meals is simply combining these five groups in the right proportions, in wholesome, attractive, and appetizing ways. Not a difficult task, if you make simplicity your rule. It is ^{not} necessary to have a food from every group in every meal, provided each group is represented somewhere in the daily diet.

I will enumerate again the five main groups of food we consider when planning wholesome meals. You may take brief notes, if you like.

Group I. Vegetables and fruits. Vegetables and fruits are rich in mineral matter, which we need for bones and teeth and other tissues, and to keep the body in good working order. They contain vitamins, necessary for normal growth; and bulky material, which helps prevent constipation.

Group II. Efficient protein foods. In this group we have milk, eggs, cheese, meats, poultry, fish, and certain legumes, such as peanuts and soy beans. All these foods contain protein -- called "efficient" protein because the body can use it to special advantage in building new tissues and repairing old ones.

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Group III. Cereal foods.. Rice, barley, wheat, and corn; breakfast foods; hominy, flour, meal, bread, crackers, macaroni-- even biscuits and toast. The starch in these foods is used as fuel, and keeps the body warm and supplied with energy. Some of the cereals, as corn, contain fat. Whole-grain cereals also supply roughage, minerals, and vitamins.

Group IV. Sweets, which the body uses for fuel. Sugar, honey, molasses, sirups, jellies, rich preserves, candy, and so on belong in this group. We need to guard against eating too much sweet food, especially before meals, or our appetites will be so dulled that we can't eat our proper share of the other groups. Some dried foods, such as figs, raisins, prunes, and dates, might also be included in this group. They can often be used instead of other sweets, and they are valuable for the minerals they contain.

Group V. Fats and fat foods. Butter, cream, lard, suet, table oils, salt pork, bacon, chocolate, and nuts, are used by the body as fuel. Fats are the most concentrated of all foods.

Now let me give you a few general suggestions about meal planning.

Foods which stimulate the appetite, and promote digestion, should be served at the beginning of the meal. That's the reason many people like to start off a dinner with a light, well-flavored soup.

Rich, heavy foods should be served with lighter, more succulent foods. This evens up the calories and doesn't make too heavy a tax on the digestive system. For example, a light lettuce salad is relished with a heavy meat dish.

Very sweet foods have a tendency to blunt the appetite for other foods that supply materials the body needs. It is best therefore, to serve sweets in small quantities, or toward the end of the meal.

The question of flavor is very important. We like a contrast in flavor. We do not want all the foods in one meal to be bland, or all of them to be highly seasoned. The same flavor should not be repeated too often. Even though we like tomatoes, we would not relish a meal which included tomato sauce on the meat, stewed tomatoes, and fresh sliced tomatoes. What's that? A listener over in Nebraska says she'd relish fresh sliced tomatoes, with any combination of food. Now how can I give a serious lecture on meal-planning, with such a radical listener! She's downright subversive.

Then we must consider color. Green or other bright-colored vegetables and fruits, egg yolk, yellow cheese, browned meats or bread or cake crusts, all add attractiveness to food. Think of the colored food advertisements that make your mouth water, if you are doubtful about the part color plays in every-day meals. Watch your colors though, and try to serve those together that harmonize. Think what a plate would look like with beets, cranberry sauce, and fresh sliced tomatoes --- Well, I declare! That same lady, from the same state of Nebraska, says she could eat fresh sliced tomatoes if they conflicted with everything on the table! What shall I do with her?

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Another thing. No meal should have an over-proportion of liquid, "mushy" or hard foods. With stews, serve crisp breads, or crackers; with a dish such as macaroni, used browned crumbs on top; with soft breads, serve a crisp salad.

One more suggestion. Serve hot foods hot. Serve cold foods cold -- not lukewarm. I know a man who says he is positively morose for a week when his wife serves lukewarm mashed potatoes, and cold biscuits. But then he has a morose disposition--draws pictures for the Sunday comic supplements.

I won't talk about meal-planning any more now, because I want to tell you how to prepare a boiled dinner in which the vegetables are not boiled to death. With all the different colors and textures and flavors of the vegetables in this dinner, the main dish should be quite appetizing.

Please take the recipe now for boiled dinner. Eight ingredients:

4 pounds corn beef
4 quarts water
2 large onions, cut in half
2 large turnips, cut in quarters
3 parsnips
5 medium carrots, cut in half
2 potatoes, large, cut in halves or quarters
1/2 head cabbage, medium, cut in eighths

I shall repeat the ingredients. (Repeat)

Select a good piece of beef, and cover it with 4 quarts of cold water. Allow the water to come to the boiling point and then discard it. Cover the meat again with 4 more quarts of water and let it simmer until tender. Take the meat out of the water. If the liquid is too salty, pour off part of it, and add sufficient fresh water to have at least three pints of well-flavored broth. The vegetables are added at different times, depending upon the time needed to cook them tender. Add the onions first, then 20 minutes later the turnips, parsnips, carrots, and potatoes. Fifteen minutes before these vegetables are done, add the cabbage, which has been cleaned and cut in eighths. Serve the boiled dinner on a large platter, with the meat in the center and the vegetables drained and placed neatly around it. The advantage of this method of cooking is to have the vegetables tender and yet not over-cooked, as is sometimes the case in a boiled dinner. The short cooking keeps the vitamins all there. The old-fashioned method, of cooking the vegetables as long as the corn beef, made them limp and almost colorless, and destroyed the vitamins.

With the boiled dinner crisp corn bread or muffins or crusty rolls would be just right. In the oven at the same time bake a loaf of gingerbread, ready to serve hot for dessert with a delicious cheese filling. Here's the recipe for the Cheese Filling. Five ingredients:

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2 neufchatel or cream cheeses
2 cups chopped dates
1 cup chopped nuts
1/2 teaspoon salt
Cream.

Five ingredients. (Repeat.)

Mash the cheese and mix with it enough cream to give it the consistency of a soft filling. Add the dates, nuts, and salt, and mix well. Split open a thick loaf of hot gingerbread, spread the cheese mixture on the lower half, replace the upper part and press it down lightly. The quantity of cheese filling given here is enough for a loaf of gingerbread about 8 by 10 inches. Serve the gingerbread at once while still hot.

The menu is Boiled dinner; Corn Bread or Muffins or Crusty Rolls; Hot Gingerbread, with Cream Cheese and Date and Nut Filling.

PROGRAM.....

RELEASE.....

1.9
Im 3Hh
Housekeepers' Chat.

Wed. Jan. 5.

ANNOUNCEMENT: Cat and rabbit fur coats, masquerading as genuine sealskin, have come to Aunt Sammy's attention. Listen to her talk, then examine the genuine seal neckpiece you received for Christmas. Is it seal, or is it something else? Only one out of five hundred can tell the difference. There's an appetizing cold-weather supper menu in to-days Chat, and a recipe for corn chowder.

My Next-Door Neighbor and I went shopping one cold day last week. A window display of fur coats intrigued us, and we stopped to look.

"I have always wanted a fur coat," said I. "A beautiful, soft, warm fur coat, with a pink satin rose on the collar. Don't you think that such a coat, with such a rose, would enhance my peculiar style of beauty?"

"I don't know," said my Next-Door Neighbor, frankly. "I suppose if you are really pinning for a fur coat, you should have one. As for me-- the poorest investment I ever made was a cheap fur coat. It cost too much, in the first place, even for a cheap coat. It was too warm to wear, except on occasional long drives. I decided that the best type of coat for mild climates is a fabric coat, of conservative cut, with collar and cuffs of fur."

"Perhaps so," I agreed. "But it seems to me that the money spent for a genuine fur coat, in cold climates, is justified by the pleasure and satisfaction one gets from wearing it, and by the fact that the fur may be remodeled and repaired, and later used for trimmings."

"That coat would look nice on a slender person," mused my friend, pointing to a long-haired garment in the window. "Long-haired furs soften the outline of the face and figure, and seem to increase the size. It has a large collar, and deep cuffs. Yes, it would look very nice on you, Aunt Sammy."

"Thank you kindly," I replied. "Now I'll select one for you. Let me see, you're-- well, you're--"

"I'm fat," said my Next-Door Neighbor cheerfully. "I know it. It runs in the family."

"There's the coat for you." I pointed ^{to} one with short, flat hair. It has a comparatively small collar, inconspicuous cuffs, and very little trimming. I notice you don't wear much trimming, especially if it's bulky, or heavy. Let's go inside for a minute, and get warm. If the clerk says, 'Did you wish something?' you say, 'Just looking, thank you.'"

1944

1944

The first part of the report deals with the general situation in the country. It is noted that the economy is still in a state of depression and that the government is struggling to meet its obligations. The report also mentions the need for further reforms and the importance of maintaining stability.

The second part of the report discusses the financial situation. It is stated that the government's budget is in a deficit and that the debt has increased significantly. The report suggests that the government should seek to reduce its expenditures and to increase its revenue.

The third part of the report deals with the social and economic conditions. It is noted that the standard of living is low and that there is widespread unemployment. The report also mentions the need for social reforms and the importance of improving the education system.

The fourth part of the report discusses the political situation. It is stated that the government is facing a crisis of confidence and that there is a need for a new government. The report also mentions the need for a constitution and the importance of democratic principles.

The fifth part of the report deals with the international situation. It is noted that the country is in a difficult position and that it needs to seek the help of other countries. The report also mentions the need for a foreign policy and the importance of maintaining good relations with other nations.

The sixth part of the report discusses the military situation. It is stated that the country has a small army and that it needs to be reformed. The report also mentions the need for a strong defense and the importance of maintaining peace.

The seventh part of the report deals with the judicial system. It is noted that the courts are inefficient and that there is a need for reform. The report also mentions the need for a strong judiciary and the importance of the rule of law.

The eighth part of the report discusses the administrative system. It is stated that the government is inefficient and that there is a need for reform. The report also mentions the need for a strong administration and the importance of good governance.

The ninth part of the report deals with the future of the country. It is noted that the country has a bright future and that it needs to continue to reform. The report also mentions the need for a strong leadership and the importance of maintaining progress.

We entered the store.

"Did you wish something?" said the clerk.

"Just looking, thank you," answered my Next-Door Neighbor, her eyes on a fur coat.

"May I ask what you are looking at?" said the clerk, politely.

"I am looking at a seal coat," said my friend. "A beautiful seal coat, lined with rich brown satin. Do you mind if I look?"

"Not at all," said the clerk. "But you are looking at a rabbit skin coat. Plain rabbit skin, plucked and dyed."

"Disillusioned again!" exclaimed my Next Door Neighbor. "Is the brown beaver next to it a rabbit skin too?"

"Yes, indeed. Rabbit skin, specially sheared and dyed. You may read the labels inside the coats."

"Don't tell me," pleaded my friend, "That the handsome Alaskan sable over there in the corner is rabbit skin."

"Not rabbit skin," said the man. "Dark raccoon pelts."

"How do you happen to know so much about furs?" I asked.

"Beacuse it's my business to know furs. If you're interested, I'll tell you more about them. I don't censure you women for not being able to tell rabbit skin from sealskin. Most persons couldn't recognize genuine fur on the live animal, so of course they can't be expected to know much about it, made up into a coat. There are many different kinds of furs. All fur dealers know this. They also know that the general public is ignorant when it comes to furs. So many dealers mis-name their products, over-price them, and deceive the buyer.

"For instance, take the matter of misnaming furs. It began honestly enough. Certain dealers wanted to distinguish their furs from those of other merchants, so they gave their products certain trade names. This was honest enough in the hands of honest dealers -- but in the hands of dishonest fur-sellers it became just plain deception. It is the aim of every manufacturer and dyer of furs to produce an article which will have a vogue. To protect this article, it is given a trade name. This identifies it -- in case it becomes popular.

"In the past few years, rabbit, sheared and dyed to resemble more expensive furs, has appeared under a score of trade names, -- Mendoza beaver, near seal, French sable, Ermiline, electric seal, bay seal, polar seal, Arctic seal, northern seal, and Baltic seal. These are just a few of them. As long as the public knows that those trade names mean rabbit - or knows just what the trade names do mean -- there's no danger of deception, but some dealers sell the fur under a trade name and don't care to tell their customers just what kind of fur they are buying.

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...the eighth of these ...

H.C.

"And then," continued the man, "some people like to be fooled, even if it's expensive. I know a woman who turned up her nose at our coats, honestly labeled rabbit, and selling for \$75 to \$200. She went to another store here in town and bought a rabbit coat, labelled French Seal, paid \$100 more than we're asking and went away happy. These women!" mused the clerk. "I don't pretend to understand 'em."

"Nobody does," I said soothingly.

"Some dealers take advantage of them," continued the man. "It's dishonest, too. Mis-named furs are always inferior to the real article. Cat and rabbit will wear like cat and rabbit, under any trade name. The retailer who mis-names his furs, so that he'll sell more furs and thus get bigger profits, is not honest. Such a merchant could sell a 'pointed' fox, like that one in the corner, for a genuine silver fox. He could sell rabbit for Baltic fox, muskrat for Hudson seal, or even dogskin for Isabella fox.

"Often the common and cheap furs are prepared so that they resemble rare and costly furs. It takes years of training and experience to learn to judge furs. Even experts are fooled sometimes.

"The fur trade itself is waking up to the dangers in mis-naming furs. While the United States has no drastic laws governing this, the question of mis-naming furs is being considered by trade associations. The Better Business Bureaus of the advertising clubs have sent out to dealers and closely connected interests, lists of the trade names and real names of furs. Personally, I think there will be less deception in the near future, than there is today. The safest thing to do is to buy furs from dealers who can be trusted, both for their knowledge of furs, and for their business integrity."

"I believe you're that kind of a person," said my Neighbor, admiringly. "When I do my fur-coat shopping, I shall call on you."

The man bowed us out into the cold January snow storm, and we made short work of our shopping. It was so cold that we were anxious to get home.

"I'm cold and I'm hungry," confessed my Neighbor, as we neared home. "Why don't you stop at my house tonight, and eat with me? I'm going to have some of the delicious corn chowder I'm noted for."

"I'm glad to accept the invitation," I said, "but I didn't know you were noted for corn chowder."

"I'm not-- yet, but I may be after you taste the chowder. You broadcast every good recipe you hear of."

"Not till it's tested," I said. "You never can tell about a recipe, even for corn chowder, till you've tried it."

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My next-door neighbor had a very appetizing supper that evening. Corn chowder is a convenient food to serve when you've spent the afternoon shopping. It doesn't take long to prepare, and is a warm and nourishing winter dish. If you have children in your family corn chowder will make a hit. It's an excellent way to give them more milk without their realizing it. (Hope no children are listening in). Besides corn chowder, we had toasted sandwiches with dried beef filling, and blushing apple surprise with ginger cookies. An attractive menu, I think.

The Corn Chowder was made according to this recipe. Eight ingredients:

1 pint milk	1 onion, or more if desired
1 pint boiling water	1 quart potatoes, diced
2 cups canned corn	salt
2 tablespoons salt pork, diced	Pepper

Eight ingredients. I'll repeat them. (Repeat:)

Cut the pork into small pieces, and chop the onion. Boil the diced potatoes in the pint of boiling water for 15 minutes. Fry the salt pork and onion for 2 minutes, and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk, and season to taste with salt and pepper. Bring the mixture to the boiling point. Serve very hot in soup dishes, and place two or three crackers in the dish before pouring in the hot chowder.

The dried beef toasted sandwiches were quickly prepared. "We had these", my friend said, "because with corn chowder you need something crisp". She thought probably that just crackers or toast wouldn't be enough to satisfy her husband, so she hit on dried beef toasted sandwiches, as being substantial, crisp, and tasty. The beef was warmed in a skillet, in melted butter. The bread was cut rather thin and toasted on one side. When the sandwiches were made the toasted side was out, of course.

The apple surprise was made according to directions in the Radio Cook Book. Do you remember the recipe? I'll repeat it briefly. Select medium sized apples, pare and core them. Cook in a sirup colored with red cinnamon candies. When the apples are chilled, fill the centers with cream cheese, softened, and seasoned with a little salt, a little paprika, and mixed with chopped nuts. The apples were served with some of the pretty red sirup around them, and my neighbor's famous ginger cookies accompanied them.

Lest you have forgotten the menu, I shall repeat it: Corn chowder, toasted dried beef sandwiches, and blushing apple surprise, with ginger cookies.

This menu will be added to the Radio Cook Book supplement. Don't worry if you haven't received your third supplement yet. The demand for cook books has exceeded the supply, and Uncle Sam is trying his best to keep up with all the cook book orders. I am sure there will be enough to go around, very soon. Please have your pencils sharpened tomorrow for more recipes.

1900
The first of the year was a very dry one, and the crops were much injured. The weather was very hot, and the ground was very hard. The crops were much injured, and the yield was very low. The weather was very hot, and the ground was very hard. The crops were much injured, and the yield was very low.

The second of the year was a very wet one, and the crops were much injured. The weather was very cold, and the ground was very soft. The crops were much injured, and the yield was very low. The weather was very cold, and the ground was very soft. The crops were much injured, and the yield was very low.

The third of the year was a very dry one, and the crops were much injured. The weather was very hot, and the ground was very hard. The crops were much injured, and the yield was very low. The weather was very hot, and the ground was very hard. The crops were much injured, and the yield was very low.

The fourth of the year was a very wet one, and the crops were much injured. The weather was very cold, and the ground was very soft. The crops were much injured, and the yield was very low. The weather was very cold, and the ground was very soft. The crops were much injured, and the yield was very low.

The fifth of the year was a very dry one, and the crops were much injured. The weather was very hot, and the ground was very hard. The crops were much injured, and the yield was very low. The weather was very hot, and the ground was very hard. The crops were much injured, and the yield was very low.

The sixth of the year was a very wet one, and the crops were much injured. The weather was very cold, and the ground was very soft. The crops were much injured, and the yield was very low. The weather was very cold, and the ground was very soft. The crops were much injured, and the yield was very low.

Radio Service

PROGRAM..... Housekeepers' Chat

RELEASE..... Thurs. Jan. 6.

1.9
I'm 3Hh

Reserve

ANNOUNCEMENT: Special features on Aunt Sammy's program are Salad Dressings including a new salad dressing which has just been worked out by the U. S. Bureau of Home Economics, A Fruit dessert, directions for cooking rice, and a recipe for Chocolate Drop Cookies. The recipes have been approved by the U. S. Bureau of Home Economics, and will be added to the fourth supplement to the Radio Cookbook. Copies of the cookbook are sent free to women who listen-in regularly to Radio Station _____.

* * * * *

Note to Announcer: Please remind your listeners, just as frequently as you consider it advisable, that Aunt Sammy's Cookbook will be sent upon request.

I have received a number of requests for recipes the past few days, and questions about cooking various foods. These recipes I'm going to give you in a minute will be included in the fourth Radio Cookbook supplement, but if you intend to use them before they are printed, you will want to take notes today.

The first question is from Minnesota. "Is it necessary to heat sugar before adding fruit juices, in jelly making?"

The Bureau of Home Economics answered this letter as follows:

"We experimented with this problem in our laboratories. We found that there was no difference in the results when the sugar was heated, before adding to the hot juice. If you have tried heating up sugar for this purpose, you have doubtless found it a rather difficult task to keep it from caramelizing around the edges. Since we could not see that anything was gained, we decided it was too bad to waste time and effort in this way".

Second question: "Will you tell me how to make Thousand Island dressing? Do you know a good recipe for Cheese dressing for salads?"

I will, and I do.

Thousand Island dressing is a mayonnaise dressing, to which chopped highly flavored materials are added. There is no rule about what these finely chopped ingredients should be. Often as many as half a dozen different things are added in small quantities, very finely diced. Some suggestions are hard cheese, hard cooked eggs, pickle, olives, radishes, celery, green peppers, pimentos, capers, and onion. It is easy to make use of small amounts of such materials you have on hand, rather than to

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H.C.

purchase special things for Thousand Island dressing.

Speaking of mayonnaise, there are other ways to vary this standard dressing. Many housewives make up a supply of mayonnaise, put it in the ice box, and add special seasoning to the amount used for one meal. For instance, some of it may be converted into Russian dressing, by adding a little tomato chili sauce, or tomato catsup with lemon juice. Both Russian and Thousand Island dressing are good with crisp green salads.

Here's the cheese dressing for salads. Want to write it down? It is a new recipe, worked out recently in the U. S. Bureau of Home Economics. All ready now. I'll read the ingredients for cheese dressing for salads:

1 cake neufchatel or cream cheese
1/2 cup salad oil
3 to 4 tablespoons lemon juice
1/2 teaspoon salt
Tabasco sauce, onion juice, a bit of garlic,
or grated horseradish, for seasoning.

Let me repeat the ingredients. (Repeat.)

Mash up the cheese, add the oil, and beat with a dover egg beater until thoroughly mixed. Add the other ingredients, and continue to beat until the mixture is smooth and creamy. Use this dressing in the same way as mayonnaise, or any other salad dressing. For fruit salads, it is particularly delicious if whipped cream is added.

Next question! "The burners on my gas stove are clogged; how shall I clean them?"

Take the burners out of their sockets, and brush off all loose dirt. Then place them in a large kettle or pan that will not be injured by washing soda. Boil them for about a half hour in a mixture of 1/2 pound of washing soda added to each gallon of water. Rinse and brush the burners, wipe them with paper or cotton waste, fit them into the stove, and dry them thoroughly by lighting the gas.

Fifth question: "What is the dessert called 'Fruit Cup'?"

Fruit Cup is a combination of almost any fruits you happen to have, or are able to get, but practically always some orange or grapefruit, or both. The acid of the citrus fruit brings out the flavors of other fruits. Orange, banana, and apple, in equal proportions, is a combination available at any time, anywhere. Add to this, or substitute for part of it, a slice of pineapple, some left-over canned peaches, or pears, cherries, apricots, a prune or two, dates, figs, with a few nut meats, perhaps, -- one or two of any of these will make your fruit cup good. Berries in season may also be used. The fruit should be cut in small, attractive pieces, not larger than a raspberry, and they should not be stirred about, even when you sweeten them, or they will look mushy and shapeless. Orange and grapefruit

4

THE UNIVERSITY OF CHICAGO

Department of Chemistry
Chicago, Illinois

Dear Sirs:

I have the pleasure to inform you that your application for admission to the Ph.D. program in Chemistry has been accepted.

You are invited to begin your studies in the fall semester of 1954. The department has a number of excellent research opportunities available to you.

Very truly yours,
[Signature]

H. C.

sections should be freed from white peel, seeds and skin. If you have time, and wish them to look very perfect, each section may be skinned separately, but a quicker way is to cut the fruit in half, and take the pulp out with a spoon.

Sprinkle lightly with sugar about an hour before dinner, and set the fruit in the refrigerator to ripen and cool. Toss lightly with a fork if it is necessary to mix the sugar in thoroughly. If the fruit is to be used as a salad, do not sweeten it. Serve with a French Dressing.

The next question is about rice. "Please tell me the proper way to cook rice, so that it will not be soft and mushy."

A great many people do not know how to cook rice properly, ---

in fact, they have never tasted properly cooked rice, or they would not tolerate the pasty mass that is often put on the table. There are two general ways of cooking rice so as to have the grains large, dry, and separate. By one method, all the water used is absorbed by the rice; by the other, the rice is boiled in a large quantity of water which is drained off when the grains are tender. This method is easier, because the rice requires less watching.

First, wash the rice thoroughly, to remove all loose starch. A good rule is to wash the rice in several waters, or in a stream from the faucet, until the water runs clear. Have ready a large kettle of boiling water, lightly salted. Four or five quarts of water to one cup of rice, is the best proportion for flaky boiled rice. Drop the rice in slowly. Allow it to boil rapidly for 20 to 30 minutes, or until the grains are soft to the center when pressed between the thumb and forefinger. If the rice tends to stick, lift it from time to time with a fork, but do not stir the rice. Stirring breaks the grains, and makes the cooked rice pasty. As soon as the grains are soft to the center, take the rice off the stove, and drain in a colander. Cover the colander with a cloth, and place in the oven. Or, if the oven is not hot, set the colander over a saucepan of hot water on the back of the stove, and cover the colander with a cloth. This gives the rice grains a change to dry off, and swell to their utmost.

If you have no suitable kettle that holds 4 or 5 quarts of water you can cook one cup of rice successfully in 2 quarts. Watch it carefully, and when you turn the cooked rice into the colander to drain, pour hot water through it to wash off the surplus starch that sticks to the grains. Then cover the colander and let the rice dry off and swell as already described.

The next request is for cabbage salad with whipped cream dressing. Eight ingredients, as follows:

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H. C.

3 cups shredded green cabbage	1-1/2 teaspoons salt
1/2 pint double cream	1-1/2 " sugar
4 tablespoons lemon juice	Scraped onion
12 drops tabasco	3 tablespoons ground horseradish

I will read the eight ingredients again. (Repeat).

Whip the cream, add the seasoning to it and combine with the cabbage just before serving. If the cream is added to the cabbage and allowed to stand, the juices are drawn from the cabbage and the dressing becomes too thin. Serve the salad very cold. This is very attractive served in a hollowed-out head of red or curly green cabbage.

One more recipe, for Chocolate Drop Cookies. Then, if there is no more business to come before the house, we shall adjourn till tomorrow at this time. Doesn't that sound congressional?

I like to say something good in behalf of the recipes I broadcast. This one appeals to me because it calls for only one egg. One egg is about all I can afford right now, without revising my budget.

Oh yes, I keep a budget. I'll tell you about it some time this month.

To return to the subject of unfinished business, there are nine ingredients in these chocolate drop cookies. Nine ingredients, and these are they:

1/2 cup butter	1-1/2 cups flour
1 cup sugar (white or brown)	2 teaspoons baking powder
1 egg	1/4 teaspoon salt
1/2 cup milk	1 cup chopped nuts.
2 squares chocolate (melted)	

Nine ingredients, and they are these: (Repeat)

Melt the chocolate, and add the butter and sugar. Add the egg without beating and the milk. Use 2 tablespoons of the flour to coat the chopped nuts. Then add the nuts and the sifted dry ingredients to the liquid mixture. Stir this thoroughly and add the vanilla. Drop the batter by teaspoonfuls on a greased baking sheet or an ordinary baking pan inverted. Bake in a quick oven (about 375 degrees to 400 degrees F.) If desired spread the cookies while hot with white or chocolate frosting so that the tops are covered with a thin coating of the icing.

Nothing more till tomorrow. The first thing on tomorrow's program is a dessert suggestion which I think will be as popular as the Upside Down Apple Cake. Please bring your pencils.

PROGRAM.....

Housekeeper's Chat

LIBRARY
RECEIVED RELEASE

★ JAN 11 1934

U. S. DEPARTMENT OF AGRICULTURE

Fri. Jan. 7.

9
n3 Hh
ANNOUNCEMENT: Last month a number of women wrote to Aunt Sammy, asking for new sandwich suggestions, and salads, which can be served at afternoon teas. Today Aunt Sammy will broadcast a number of cheese recipes, some of them just recently worked out by the Bureau of Home Economics. These recipes will be included in the fourth supplement to the Radio Cookbook. If you have not received your copy of the Radio Cookbook, you may secure one by writing to Aunt Sammy in care of this station. The books are free.

* * * * *

I have here a wonderful recipe I've been trying all week to broadcast. It's something entirely new, original, and different. Frozen Cream Cheese with Fruit. It's one of the -- Do I hear someone chuckling? Please don't! An experienced housewife in Kansas City says she has been serving Frozen Cheese with Fruit for twenty years, and that it is neither "new", "original", nor "different." (I give you my word, I thought it was new).

Anyway, Frozen Cream Cheese with Fruit is simply -- What shall I say? What does one say, when she has used the word "delicious" nine times in one week?

I must have help, and cooperation. The crying need of the United States, as I see it, is a word to take the place of delicious. A word which means the same, sounds as nice, and is as easy to spell on a portable typewriter with the letter "Q" missing. That's all I ask. I'd like to tell you something about this dessert -- Frozen Cream Cheese with Fruit -- but I am handicapped, without a word meaning delicious.

I'm serious about this. So serious that I am offering a prize to anyone who will suggest a substitute for the word "delicious". Not a big prize, like a Shetland pony, or a trip to Europe, but a small prize which will be treasured for its intrinsic value. You send me the words, I'll vote on them, select the prize, and send it to the winner, or winners. Is this a system? I hope so.

In return for your cooperation, I solemnly swear not to use the word delicious more than once a week, from now on. See? I am raising my right hand. (Or is this my left? One gets confused, before the microphone.)

For the Frozen Cream Cheese with Fruit you will need seven ingredients, if I count all the different kinds of fruit as one, which I shall do. That simplifies matters. Seven ingredients, as follows:

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H.C. 1/7/27.

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2 neufchatel or cream cheeses	1/4 teaspoon salt
1 cup double cream	1/2 teaspoon vanilla
1/4 cup milk	1/2 cup chopped canned pineapple, preserved cherries, dates, figs or raisins.
1-1/4 cups powdered sugar.	

Let's check the ingredients. (Repeat).

Break up the cheeses and mix the milk with them. Add the sugar, salt, and chopped fruit and vanilla, and mix thoroughly. Whip the cream until it is stiff and fold in the cheese mixture. Pour into a mold, pack in crushed ice, and salt, and let stand for three or four hours to freeze. Pound baking powder tins, lined with tough white paper, make suitable molds. Serve the frozen cheese in slices, with or without a garnish of the chopped fruit. Or if preferred, leave the chopped fruit out of the mixture, and serve it as a garnish on top. A whole preserved fig on a round of the frozen cheese is a particularly attractive combination.

This same mixture, unfrozen, is also an excellent filling for charlotte russe made with lady fingers or sponge cake.

Doesn't that sound de-- good?

I'm very fond of cheese myself, and I like to find new ways of using it. By the way, I wonder if you'd like a program entirely devoted to cheese, and cheese recipes. I could do that now, if you like. A cheese program, or questions and answers. Which shall it be, which shall it be, I looked at John, and John looked at me. Both of us decided in favor of the cheese.

Since there are so many different kinds of cheese, we can't possibly talk about all of them. Perhaps we had better limit our recipes to neufchatel and cream cheese, two soft cheeses which have a rich flavor and high nutritive value.

Do you know where neufchatel cheese gets its name? From the town of Neufchatel, in northwestern France. Neufchatel cheese is made from ordinary four per cent milk. Cream cheese is usually made from milk having about 6 per cent fat.

From the dietary standpoint, neufchatel and cream cheeses are valuable for protein, fat, phosphorus, and calcium. You have probably heard that the American diet runs low in calcium. It is well for us housewives to remember, in planning our meals, that all cheeses are a good source of calcium. Although we do not have proof of this fact, there is every reason to believe that neufchatel and cream cheeses also contain the vitamins associated with milk fat.

One good thing about these two popular soft cheeses is that they are suitable in any course of a meal. They may be part of the appetizer, at the beginning of the meal; they may be part of the dessert, or in any course between. Because they are soft in texture, mild in flavor, and molded into an attractive form, they can be served quickly and easily. A popular way to serve them is with toasted bread or crackers, and jam, marmalade, or a sour relish, for contrast in flavor.

They may be combined with fruits and vegetables, in almost unlimited ways, for salads and sandwiches.

Here's a new idea for afternoon tea. Next time you have a few guests in for tea, serve crackers and cheese, this way. Spread the cheese, neufchatel or cream, on crisply toasted crackers. Leave a hollow in the center of the cheese. Drop into this a bit of preserved fruit, or jelly. These give a festive touch to the tea table, and can be prepared very quickly. Don't combine the cheese and crackers until a short time before serving, as the cheese softens the crackers.

Many mixtures of neufchatel or cream cheese with vegetables or fruits and seasonings may be used as spreads for sandwiches, or served in salads in balls, or various other attractive forms. Some of these mixtures also make excellent frozen salads, like the Frozen Cream Cheese with Fruit. These are easily made by putting the mixture into a mold, packing in ice and salt, and allowing it to stand several hours. The frozen salad is then sliced, placed on crisp lettuce, and served at once.

I am going to give you five cheese suggestions. Perhaps you will use some of them in the school lunch box.

Sandwich filling Number I.-- Mix equal quantities of neufchatel or cream cheese with chopped olives, pimentos, and nuts, or any one or two of these, if you don't want all three. Add salt, and a little onion juice, if liked. Spread on slices of white or graham bread.

Sandwich Filling Number II.-- Mix the cheese with finely chopped dill pickle, chow-chow, chili sauce, or any other desired pickle mixture. Use as sandwich filling, or as a spread on crackers.

Sandwich Filling Number III.-- Into the soft cheese, work finely chopped parsley, watercress, lettuce, spring onions, celery, or any other salad vegetable. Add salt, and any other seasoning desired, such as onion or lemon juice.

Sandwich Filling Number IV.-- Wash prunes, dates, raisins, or dried figs or apricots, and put them through the food chopper, using the fine knife. Mix the ground fruit with about twice as much cheese. Add a little salt, and chopped nuts if desired. This filling may also be served on crackers, for afternoon tea.

Number V.-- Finely chopped pineapple mixed with the cheese makes an excellent spread for sandwiches, or for toasted bread or crackers, for afternoon parties.

There, I've given you five sandwich fillings. As I said before, any of these sandwich fillings may be served in salads, in balls or other attractive forms.

I have broadcast, from time to time, various suggestions for using cheese in salads. I don't believe I have mentioned, however, prunes, dates, or figs stuffed with cheese. If you use prunes, split the cooked fruit, take out the seeds, and stuff the cavities with neufchatel or cream cheese, plain, or mixed with chopped nuts. Serve on lettuce, with salad dressing. Dates may be stuffed in the same way, after they have been split, and the seeds removed. Canned figs or cooked dried figs may be split and used in this same way.

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H.C. 1/7/27.

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Another attractive salad is made with cheese and canned fruit. Peaches, pears, or cherries combine well with the cheese. Fill the hollows of canned peaches or pears with cheese, plain, or mixed with nuts, dried fruits, or one of the chopped salad vegetables. Serve on lettuce, with salad dressing.

If you want to make a very pretty salad-- one that the club ladies will talk about for a week-- make a little mound of the cheese on the lettuce, and put slices of peaches or pears around it. Large white canned cherries with the pits removed, or stewed dried apricots, may also be combined with the cheese.

Do you know how to make Honolulu salad? Perhaps you know it by another name. For Honolulu salad, arrange slices of raw or canned pineapple on lettuce, and into the center of each slice drop a ball made of neufchatel or cream cheese mixed with chopped nuts, or green pepper or pimento, and seasoned with salt. If you want to vary this salad, after the pineapple slices are arranged on the lettuce cover them with the cheese, pressed through a potato ricer, and sprinkle on a little salt and paprika.

I forgot to mention a cheese sandwich combination which is a favorite with the children in my home. This also is a good suggestion for the lunch box. Spread slices of bread rather thickly with neufchatel or cream cheese. On one of them put a layer of jam or jelly. Press the slices of bread together. These sandwiches are also excellent toasted.

Our time is almost up, so I won't talk about cheese any more today. Please don't forget to send me a word to take the place of delicious. And when you send in the word, tell me what recipes you want broadcast during February.

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The first part of the report is devoted to a description of the work done during the last year. It is divided into three main sections: (a) the work done in the laboratory, (b) the work done in the field, and (c) the work done in the office.

The work done in the laboratory is described in detail in the following pages. It is divided into two main sections: (a) the work done in the laboratory, and (b) the work done in the field.

The work done in the field is described in detail in the following pages. It is divided into two main sections: (a) the work done in the field, and (b) the work done in the office.

The work done in the office is described in detail in the following pages. It is divided into two main sections: (a) the work done in the office, and (b) the work done in the laboratory.

The work done in the laboratory is described in detail in the following pages. It is divided into two main sections: (a) the work done in the laboratory, and (b) the work done in the field.

APPENDIX

PROGRAM.....Housekeeper's Chat

RELEASE Mon. Jan. 10.

1.9
Im 3Hh

ANNOUNCEMENT: Do the edges of your rugs curl up? Did Johnny spill gravy on the carpet? Do you want inside information on turnips, and hamburger? Do you want to know what to cook for dinner today, and how to cook it? Aunt Sammy will give you all this information. The recipes-- both of them-- have been tested and approved by the U. S. Bureau of Home Economics.

Do you remember the letter I read to you two or three weeks ago, from a man who signed himself "Grandma"? He told us how he washes dishes, under the running water from the hot water faucet, and how he helps with the housework and the cooking, and tries to make a good home for his youngsters, on a moderate salary.

I hope he is listening-in today, because I have a letter written in response to his, from a woman in Chicago. I'm going to read part of her letter. It contains a number of good suggestions for homemakers.

"Dear Aunt Sammy", she writes, "I was much interested in the letter from 'Grandma' read over the radio this afternoon. His way of dishwashing has been mine since I've been married, as we've lived in flats where hot water was furnished. But in addition to the hot water I use a piece of steel wool, which can be obtained in any hardware store for the princely sum of ten cents. A piece of steel wool has all the advantages of soap, and one more. It polishes everything beautifully, and removes the incrustation so noticeable on glasses used in the bathroom. Of course it is better to use soap on the steel wool when cleaning greasy pans.

"Another help in my house is a filing cabinet, six by four inches, with a cover, and an alphabetical index for filing bills paid, and receipts. It saves hours of hunting for a bill you know is paid. Gas and electric bills due are put in the very front of the cabinet so one never forgets what happened to them.

"I have a little blank book with a pencil fastened to it wherein I jot down things I am likely to run short of. This book hangs right by the sink, and since most of my food preparation takes place on the sink drainboard, it has a very central location.

"I also use a smaller filing cabinet for recipes cut from magazines, pasted on filing cards, and filed alphabetically. In the front of this cabinet I have two cards, one with a list of weights and measures, and the other with standard cake variations.

"My menu for the week, with the exception of perishable stuff, is bought each Tuesday. I tack the week's menu on the window sill by the sink, so I know just what to have for dinner.

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"My husband has complimented me on how good the meals are tasting lately. Tonight for dinner I am having candied sweet potatoes, peas with cream sauce, tomato and lettuce salad, sliced pineapple and home made cake, whole wheat bread and butter, milk, and coffee.

"Please forgive me for writing such a long letter to you, but I do so enjoy your talks ----"

I won't read the rest of the letter. 'Tisn't modest, to read such compliments as that, in public.

I enjoyed this letter ever so much. Here's a real housekeeper, I thought to myself. She has a place for everything, and everything in its place. When she wants to check up a grocery bill which has been paid, she goes to the filing cabinet, and finds the receipted bill.

Her less methodical sister hunts madly through the house, opens glove boxes, peers on top of cupboards, and even looks inside the cracked water pitcher, on the trail of the receipted grocery bill.

I like the Chicago listener's system of buying her groceries in large quantities, and planning a week's menus at a time. Her dinner menu sounds good, too.

I must add just a word of caution, though, about using steel wool on dishes. It would take the design right off of many kinds. For aluminum pans, steel wool is one of the best of polishers.

Here's another letter, also written in response to "Grandma's" communication:

"Dear Aunt Sammy: Now that you have just signed off I will say I enjoy your talk very much, and must say there are several men that cook even better than women. My mother died when I was just a youngster of five years. There were four of us, the oldest one nine, and the youngest 18 months. My father worked on the farm, and came in at meal time to prepare the meals, leaving the older brother to look after us. I never knew what a mother's home cooked meal was. My father can go into the kitchen and set out as good a meal as any highly paid chef."

After hearing these two letters, I shouldn't be surprised if "Grandma" writes again. It's good for us to find out how other people keep house, and to learn more efficient ways of doing things.

I will have just time enough to answer three questions now, and give you a recipe and a menu.

First question: "Are turnips important from a dietetic standpoint?"

Turnips are a rich source of vitamins, especially vitamin C. Only comparatively few of our common foods are known to contain this particular vitamin, and it seems to be rather easily affected by heat of cooking, and ageing of the food material. It is a good plan, therefore, to include quickly-cooked turnips often in the winter menu. They are also rich in calcium, a mineral constantly needed by the body.

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Second question: "Please tell me how to make hamburger, in large quantities."

Grind lean beef, such as the round, neck, flank, and trimmings, and a little fat, in a sausage grinder. If desired, put a small amount of bacon in, for flavor. For seasoning, about one pound of salt and four ounces of pepper are sufficient for 50 pounds of meat.

Perhaps you would be interested in Farmer's Bulletin No. 1415, called "Beef on the Farm -- Slaughtering, Cutting, and Curing." Simple equipment and methods are illustrated in this bulletin, and each step in the process of converting live animals into meat is clearly explained. The bulletin is number 1415, and is sent free by the U. S. Department of Agriculture.

Third question: "Can you tell me what to do with a small rug which wrinkles and curls up at the edges? I should also like to know how to clean grease spots from rugs."

Your small rug wrinkles and curls up because the sizing on the back has worn off. Re-sizing will make the rug wear longer, and look much better. Stretch the rug tight and true. Tack it, at frequent intervals, face down, on a floor or some other flat surface where it can remain undisturbed. Then sprinkle it, generously, with a solution made by soaking and dissolving 1/4 pound of flake glue in a half gallon of water, in a double boiler or a container surrounded by hot water. Let the rug dry for at least 24 hours after it is sprinkled with this solution. If your rug is light weight, be careful not to put on so much glue that it penetrates to the right side.

You ask how to remove grease stains from rugs. Sometimes part of the grease and dirt can be scraped off with a dull knife, and the rest scrubbed off with a soft brush and warm soapsuds.

Another method of removing grease spots is by absorbing the grease with one or more applications of fuller's earth, French chalk, or talcum powder, or by blotting paper and a warm iron.

Or you might use a solvent such as carbon tetrachloride, gasoline, or benzol. The latter two are very inflammable, and must not be used in the same room with an open fire, or flame of any kind.

Here's another helpful hint. A freshly spilled liquid should not be rubbed from a carpet or rug. This drives it into the fabric. If possible, cover the spot immediately with corn meal, talcum powder, blotting paper torn into bits, or any other absorbent material which will soak up the liquid and prevent its spreading.

If you want to know more about cleaning spots from rugs, send for the new Farmers' Bulletin No. 1474, called "Stain Removal from Fabrics; Home Methods."

Today's menu is planned especially for a listener who lives in a small town in Iowa, where beef and pork are the only meats available in the local market, and the stores never carry fresh vegetables except for Thanksgiving and other special days. She lives in the "land o' onions and cabbages," and has lots of these vegetables on hand.

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The menu includes Vegetables Cooked with Pork: Sour Pickles, Rolls and Butter; Canned Fruit; and Orange Drop Cookies.

For the Vegetables Cooked with Pork you will need seven ingredients, as follows:

1/2 pound lean pork	1/2 cup chopped celery
4 tablespoons butter	1 quart cabbage, cut in strips
2 tablespoons chopped onion	1/2 teaspoon salt
2 tablespoons chopped green pepper.	

Count the seven ingredients, while I read them again. (Repeat).

Chop the pork, brown it in the butter, add the chopped onion, green pepper, celery, and cabbage, and let them brown a little in the hot fat. Then add a small quantity of water and let the meat and vegetables simmer for about 15 minutes. The vegetables should then be tender but still crisp and fresh looking. Season with salt and pepper and serve at once.

We will let the sour pickles serve as salad this time. Since there are so many vegetables in the meat dish, we don't need a vegetable salad, and we can use our fruit for dessert, instead of salad.

The fruit part of the dessert may be canned plums, peaches, pears, or whatever you have.

Here's the recipe for the orange drop cookies, and a very good one it is. Eight ingredients:

2 cups of flour	4 tablespoons orange juice
1 cup sugar	2 eggs
4 tablespoons butter	4 teaspoons baking powder
1/2 teaspoon salt	2 tablespoons grated orange rind.

I'll read them again. (Repeat).

Cream together the grated rind of the orange and the butter. Gradually beat in the sugar, the beaten eggs, and the orange juice. Add the flour and baking powder which have been mixed together. Drop the batter by teaspoonfuls onto a greased baking sheet or an inverted pan, and bake in a quick oven.

To repeat the menu: Vegetables Cooked with Pork; Sour Pickles; Rolls and Butter; Canned Fruit and Orange Drop Cookies.

This menu and the recipes will be added to the radio cookbooks. By the way, you women ordered so many thousands of cookbooks before Christmas that the supply gave out. However, we had several thousand more printed last week, and these will soon be in the mails. Aunt Sammy's Radio Cookbook is popular enough to be listed among the six best sellers, isn't it?

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The first part of the document discusses the general principles of the proposed system. It is intended to provide a clear and concise overview of the main objectives and the scope of the project. The following sections will detail the specific components and the implementation process.

The second part of the document describes the methodology used in the study. This includes a detailed explanation of the data collection methods, the analysis techniques, and the validation procedures. The goal is to ensure the reliability and validity of the findings presented in the report.

The third part of the document presents the results of the study. This section contains a comprehensive analysis of the data, highlighting the key findings and their implications. The results are supported by statistical evidence and are discussed in the context of the research objectives.

The final part of the document provides a conclusion and recommendations. It summarizes the main findings of the study and offers practical suggestions for future research and implementation. The authors express their appreciation to the participants and the funding agencies that supported this work.

In conclusion, this document provides a thorough and detailed account of the research project. It is hoped that the findings and recommendations will be valuable to the academic community and practitioners alike.

PROGRAM.....

Housekeepers' Chat

RELEASE.....

Tues. Jan. 11.

1.9
Im 3 Hh
Reserve

ANNOUNCEMENT: Ironing clothes, cooking vegetables, and making cakes are three of the several topics discussed in Aunt Sammy's talk today. The recipes have been tested and approved by the U. S. Bureau of Home Economics.

* * * * *

Do you ever stop to think about the importance of little things? Take safety-pins, for instance. The morning paper says one billion safety pins were manufactured in the United States in one year. Seems as if there should be enough pins to go around, especially in these petticoat-less days.

Safety-pins have a history. The Romans used safety-pins, before the Christian era. Perhaps Julius Caesar himself spent as much time hunting safety-pins, to keep his toga from "hanging", as the modern man spends hunting collar buttons. Not that it matters.

It's the little things in the kitchen that I am most interested in. To be specific, a ten-cent plate scraper. No doubt you have a plate scraper in your kitchen, a half circle of rubber, with a wooden handle. Very convenient article, when plates are to be scraped, for washing. A friend of mine uses a plate scraper to scrape the mixing bowl when making cakes or soft fillings, to clean out lard jars, and to get all the jelly or peanut butter out of the containers.

My ten-cent plate scraper was a Christmas gift, from Billy. He was with me when I admired a display of kitchen utensils, in a hardware store.

"Aunt Sammy", said Billy, with a magnanimous gesture, "I will buy you anything there you want, for Christmas, just so it doesn't cost more than ten cents. Or you can have two five-cent presents, if you want 'em."

Unfortunately, there were no five-cent gifts, so I chose a plate scraper,

Another gift which I appreciate almost as much as the plate scraper is a new electric iron. Do you remember, not so many years ago, when Ironing Day was a real institution? It meant a huge basket of starched and sprinkled clothes -- white petticoats with embroidered flouncing and dust ruffles; tailored shirtwaists; and organdie "graduating" dresses, trimmed with yards of tiny double ruffles. We didn't have an electric iron, in those days.

By sad experience, I have learned that electric irons must be given good care, if they are to do good work. One must watch the cord leading from the iron, and mend any breaks with insulating tape, while the current is turned off. When the ironing is finished, and the iron is cold, it should be put in

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H.C. 1/11/27

a clean, dry place.

If I do not intend to use my iron for some time, I grease the polished surface with lard, to keep it from rusting. In case the iron has rusted, I scour it with scouring powder, and rub it well afterward with a flannel cloth.

A word about my folding ironing board. It is also a Christmas gift, from Fred, who is a freshman in high school. He made the board in his manual training class. I am so glad he has graduated to the ironing board stage, because I have enough bread boards and footstools to last a lifetime.

If I had the room, I should like to have a table for sheets and other flat pieces, a board for skirts and so forth, and a sleeve board. Since my one board must serve all purposes, I asked to have it made fairly long and wide, with one narrow end. Across this narrow end, Fred tacked a piece of tin, about 8 inches wide, for the iron to stand on. The neatest thing about this board is that it folds right into a little cupboard, out of the way.

I am particular about my ironing board. It must be firmly padded, and covered with a clean white cloth. For padding, I use several thicknesses of an old blanket. Double-faced cotton flannel, the material used for silence cloths on dining tables, is also good. Some people use old sheets for the cover. I prefer new unbleached sheeting. The width of the sheeting makes the length of the cover, so very little material is required. I made the cover myself--hemmed the edges, and sewed four pieces of tape firmly to each side. I have seen ready-made covers in the shops. These covers were laced together, through eyelets.

Some one asked me, once upon a time, if there were any special hints about ironing. I don't believe there are. Of course one must clean the iron occasionally, by rubbing it with wax, or paraffin, and keep the iron hot enough. A cool iron is likely to leave a rust stain. With starched clothes, the iron must be hot enough to glaze the starch; otherwise the starch will stick, and discolor the fabric.

Always iron with the thread of the goods, and iron until the garment is dry. Otherwise it will pucker. Sometimes there will be a shiney gloss on hems, tucks, and seams of garments. I've found a way to remove this gloss. Moisten a piece of cheesecloth with clear water, wring it dry, and wipe it quickly over the shiney surface. I remove slight scorch stains by moistening the fabric, and exposing it to strong sunlight. Of course deeper scorch stains require bleaches.

There is a good deal of information about washing and ironing, in the bulletin published recently by the Department of Agriculture. The bulletin is Number 1497, entitled "Methods and Equipment for Home Laundering."

Faint, illegible text, possibly bleed-through from the reverse side of the page. The text is mirrored and difficult to decipher.

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The questions today are about cooking. Please have your pencils ready, for two of the questions will be answered with recipes.

Question Number One: "The Upside-down Apple Cake surely tasted fine, but my apples didn't come out. Some of them stuck to the bottom of the pan. Why did they stick?"

You remember that the directions for Upside-down Apple Cake stated that the pan should be thickly coated with butter. But sometimes, even if the pan is thoroughly greased, the apples will stick, because the sugar doesn't caramelize sufficiently to stick the apples to the cake. This trouble happened once in the experimental kitchens of the Bureau of Home Economics, when the oven wasn't hot enough to caramelize the sugar. I suggest that you try the recipe again, making sure that the pan is well greased.

Here's another question: "What makes fruit cake fall so often when done, or just about ready to come out of the oven?"

There are several things that might cause your fruit cake to fall, when you think it's just about ready to take from the oven. Maybe you didn't use enough flour, to hold up the weight of the fruit. On the other hand, perhaps you have not baked it long enough, or slowly enough. A good-sized fruit cake has to bake three and a half to four hours, in a very slow oven. Some people prefer to steam their fruit cakes for three, or three and a half hours, and then bake them a short time to form a crust.

Third question: "Please tell me how to make pure pork sausage, and head-cheese."

Instead of going into detail about pure pork sausage, and headcheese, I'm asking you to send for Farmers' Bulletin Number Eleven Eighty-Six, called "Pork on the Farm." It tells all about pork -- killing, curing, and canning. One section of the bulletin is devoted to home canning of pork and pork products. Bulletin Number Eleven Eighty-Six, called "Pork on the Farm." Write to the U.S. Department of Agriculture for this bulletin.

Next question: "I would like to have a good recipe for cooking carrots. I hate to admit it, but the only way I can cook carrots is in a stew."

Just imagine that--limiting such a nice vegetable as a carrot to a stew. Of course carrots are all right in stews, but there are other ways of cooking them. Mashed carrots, for instance. A very good vegetable dish, too. You know carrots are a -- No, I'm going to restrain myself, and not say a word about vitamins. The vitamins deserve a day off.

For the Mashed Carrots, you will need four ingredients, only four:

8 to 10 medium sized carrots	Cream, or rich milk
2 to 4 tablespoons butter	1/2 teaspoon salt

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Wash and scrape the carrots. Cut them in small pieces. Cook them in a small amount of boiling salted water. When the carrots are tender, press them through a sieve, or a potato ricer. Add enough cream, or top milk, to make a creamy consistency. Add the butter also, and a fourth teaspoon of sugar, if you like. Reheat, and serve hot.

Here I have three requests, which have come in during the past few weeks. One is for an eggless cake, one for a milkless cake, and the third for a ^{what} butterless cake. In the interests of efficiency, and Coolidge economy, ^{what} would you do, in a case like this? Get three cake recipes? Of course not. You would get one recipe, for a cake which is eggless, milkless, and if desired, butterless.

The answer is Applesauce Cake, with eleven ingredients. I know everyone can get applesauce. Perhaps you've served applesauce so often that you will welcome a new and appetizing way to serve it. All ready now, for the applesauce cake with eleven ingredients:

1 cup sugar	1/2 teaspoon cinnamon
1/2 cup shortening	1/4 teaspoon nutmeg
1 cup apple sauce (unsweetened)	2-1/2 cups flour
1 cup raisins (chopped)	1 teaspoon soda, mixed with
2 tablespoons flour	2 tablespoons water
1/2 teaspoon cloves	1/2 teaspoon salt.

I'd better repeat these ingredients. Some one may have missed the applesauce. (Repeat).

Cream the sugar and shortening, add the apple sauce, and the soda which has been dissolved in the water. Mix and sift the dry ingredients, and add them, with the floured raisins, to the first mixture. Beat well, pour into a greased pan and bake in a moderate oven (300 degrees to 250 degrees F.) for about one hour. Tart apples should be used for the sauce. It should be cooked down so that it is not watery, and put through a colander to make it smooth. No sugar should be added to the applesauce.

I will see that these recipes are added to the cookbooks. Please be patient, if you haven't received your cookbook. I assure you they are being printed as fast as the government printers can get them out.

And a word about your questions. When you ask me questions, you need not send stamps for reply. Don't send stamps for cookbooks, bulletins, or answers to your questions. All government mail is sent under frank.

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The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry should be supported by a valid receipt or invoice. This ensures transparency and allows for easy verification of the data. The text also mentions that regular audits are necessary to identify any discrepancies or errors in the accounting process.

Furthermore, it highlights the role of technology in modern accounting. The use of software can significantly reduce the risk of human error and streamline the workflow. However, it also notes that proper training and security measures are essential when implementing such systems. The document concludes by stating that a robust accounting system is fundamental for the long-term success and stability of any business.

In addition to the financial aspects, the document touches upon the legal requirements for record-keeping. It states that businesses must adhere to specific regulations regarding the retention and disposal of financial records. Failure to comply with these laws can result in severe penalties and legal consequences. Therefore, it is crucial for business owners to stay informed about the latest regulatory changes and ensure their accounting practices are fully compliant.

The text also discusses the importance of data security. With the increasing reliance on digital accounting systems, protecting sensitive financial information from cyber threats has become a top priority. Implementing strong security protocols, such as encryption and secure access controls, is essential to prevent data breaches and maintain the integrity of the accounting records.

Overall, the document provides a comprehensive overview of the key elements of an effective accounting system. It covers the technical, legal, and operational aspects, offering valuable insights for business owners and accountants alike. By following the guidelines outlined in the text, businesses can ensure their financial records are accurate, secure, and compliant with all relevant regulations.

Housekeepers' Chat

Wed., Jan. 12.

PROGRAM.....

RELEASE.....

1.9
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Reserve

ANNOUNCEMENT: Today's "Chat" is for those who long to try their hands at interior decorating, whether it be painting the woodwork in the kitchen, or refinishing the walnut chest which has been stored in the attic these many years. The information in this program has been approved by the U. S. Department of Agriculture.

"Grandma" has come back. You remember "Grandma". He's the man who wrote to me some time ago, telling me how he keeps house for a large family, on a small salary. I read his letter, too, just as he wrote it. Now I'm going to read his second letter. I wish I knew more about him. All I can say is that he uses nice stationery, writes with a stub pen which sputters once in a while, and never signs his address. Do you suppose he is afraid some of the housewives would make fun of him, if they knew his address?

We wouldn't "Grandma". We're just as anxious to learn new and better ways of housekeeping, and you are to tell us about them.

Here's the letter. It starts out with a big splatter of ink. Someone must have given Grandma a new fountain pen for Christmas.

"Dear Aunt Sammy: I haven't been speaking to ordinary people since you read my letter to you over the radio. It was the biggest thrill I've ever had. I wish it were on a phonograph record, so I could play it over and over. I never realized before just how high I rated as a housekeeper. I'm so elated over the whole thing that I decided to tell you, and your radio friends, in confidence of course, some of the inside information about housekeeping.

"I didn't say anything about the house when I wrote you before, Aunt Sammy, but this time, if you don't mind, I'd like to take you through it. I can just imagine you stepping into the doorway, looking about, clapping your hands, and shouting 'Lovely!' Neighbors who drop in occasionally, praise it, and even the young kids who come to visit my youngsters remark how pretty everything is.

"And it all came about from spending just a little dab of money, and quite a few evenings, at the other end of a paint brush.

"Our old dining room set, made of cheap wood, was anything but pretty, until I lacquered it solid black, with an attractive little touch of red, in a figure I copied from a stencil.

H. C. 1/12/27

"Our sun room has some old, very ordinary looking wicker furniture, which I painted an attractive light shade of green, and trimmed in a bright orange. My oldest daughter-- she's only twelve-- made a pretty orange cushion for the wicker rocking chair. Now our sun room is the gayest in the house.

"I did some painting in the kitchen, too. Went over woodwork, cupboard and all with two coats of flat finish gray paint, and one coat of gray washable enamel paint. You'd be surprised how good looking it is, and how easily kept clean.

"Then I went upstairs with my paint brush, using all the ideas I could borrow from looking at bedroom suites in shop windows. I selected shades of grays, greens, and blues, which were not too strong to use on large surfaces, and then added a touch of the color that set them off best.

"Although some of my bedroom furniture was pretty much old-fashioned, I just wish you could see how beautiful it turned out. Actually, I wouldn't trade it for some of the new-painted furniture in the furniture stores. I had an old bedstead with rick-rack trimming, or whatever you call it. I removed the trimming, cut the bedstead down, and refinishing it for my daughter's room. I made her a writing table, too, out of an old kitchen table, refinished. I don't know just what she did to the table, but it surely looks nice. It has a plain tan cover, with a border of cretonne, or something. Right above the table is a picture. I don't know the name of the picture, but it is the one with a barefoot girl holding a sickle in her hand.

"While I'm telling you all this, Aunt Sammy, in three or four pages, I spent my spare time all last winter doing it. I acquired so much skill that this winter I'm doing my living room.

"I have an old-fashioned bookcase I'm painting a dull shade of green, and stenciling with black. It certainly has responded to the treatment. A little magazine stand, that I turned a Chinese red over night, gives the room a touch of gayety that I like.

"I don't care one whit, Aunt Sammy, how often the painted furniture style comes and goes, it has come to stay at my house. Of course I would never paint a piece of furniture made of beautiful wood, but I don't have much of that kind.

"I'm not going to bother to describe the transformation of the old library table, and other chairs, but I do want to tell you about the hanging book rack in one of the corners. You have seen them in the furniture stores. They sell for around \$10. I made mine, and painted it in an hour, at a cost of \$1.10.

"Although you didn't approve of me serving whole, cracked wheat every morning of the year for breakfast, I know you will put your O.K. on my woodwork. A year ago it was the ugliest, soft yellow pine that you can imagine. Two coats of white, flat paint, and one coat of ivory enamel brought the interior of our house up to date. It must be wiped off occasionally, but the slick surface makes this easy.



"I might add, Aunt Sammy, that painting is entirely out of my line, and what I've done can be duplicated by anyone interested enough to study color charts, and painted furniture in the shops. I used a new kind of paint that dries almost as fast as you put it on. I don't even bother to sandpaper the surfaces, or do any other work, except remove the dust. The paint goes over varnished surfaces just as well as any other.

"Whenever I can spare a few dollars from the grocery bill, I buy some little old second-hand piece of furniture that has good shape, and will respond to painting. As a result, my house is well-furnished, and in keeping with good taste.

"I must apologize for my floors, Aunt Sammy. Downstairs they are oak, but upstairs, hard pine. They are old, very dark, scarred, and full of wide cracks. Perhaps you, or some of your many women listeners who have had experience, can tell me the most practical and inexpensive way to handle them.

"My real responsibility, Aunt Sammy, is keeping these young boys and girls of mine, satisfied with home. Something tells me that an attractive and comfortable place, with the radio, and good books, is going to make the path a fairly easy one. At least, I think they will have more respect for themselves, living in a home they need not be ashamed of.

"It may interest you to know that, so far, I have spent less than one hundred dollars on material, and I wouldn't take a thousand dollars for the improvements I've made.

"Well, it's been a lot of fun, putting this down in black and white, and if it will furnish an inspiration for others, I will be very happy about it.

"Another thing I like about painting, Aunt Sammy, is that you can sure see what you've done. And it's the greatest indoor sport I know of. I don't expect you to read this letter. I know it's too long, and besides, maybe it isn't worth much. With best wishes.-- 'Grandma.'

"P. S. I always listen-in on Wednesdays."

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That's the end of "Grandma's" communication, and I'd like to know what he added that postscript for, if he didn't expect me to read the letter.

You do have some very good ideas, "Grandma." I like to paint, too. Painting the woodwork, and sticking onion sets into the ground, are two things I want to do as sure as spring comes 'round.

At present there is quite a vogue for painted furniture-- especially bedroom furniture, and breakfast sets. Some painted furniture is really much prettier than the cheaper grades of oak, or stained wood. I agree with you that furniture made of beautiful wood-- old pieces of mahogany, walnut, and so forth, should not be painted. It should be refinished by an expert, who can

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bring out the beauty of the grain. I have an old-fashioned chest of drawers, made of walnut, which I had refinished by removing the varnish, sandpapering the wood, and rubbing down with wax.

Your daughter's bed, cut down from a larger one, must be quite handsome. By the way, the trimming on these old beds is not "rick-rack"-- that's something else again. You are referring to the fancy carving, often called "gingerbread" work. I'm glad you took it off the bed. Elaborate carving is hard to dust.

If I were to give any advice about painting -- it would be this: "Use moderation". Don't paint all the furniture in the house, just because you like to paint. Don't use the brightest colors, just because you're fond of color. Color is like music. It makes a person feel gay or melancholy, peaceful or irritable. The size of a room, and the lighting, must be considered before you begin to paint woodwork and walls and floors.

Speaking of floors, "Grandma," perhaps I can tell you what to do for your old wood floors.

First of all, make the floor as tight, level, and smooth as possible. Plane it, or sandpaper it, if necessary. Draw out any tacks or drive them below the surface, with a nail set. Then scrub the wood clean with hot soap-suds, and rinse with clear water. Bleach out any stains. A bleaching solution may be made by dissolving 1 teaspoon of oxalic acid in 1 cup of hot water. This liquid, which is poisonous and must be carefully handled, is spread on the wood and allowed to stand overnight. Every bit of cleansing agent and acid must be removed, or they will injure the finish later. When the floor is perfectly dry it may be stained, varnished, oiled, or painted, as though it were new. After the first coat of finish has been applied and allowed to dry, fill all the cracks and holes with crack filler, colored to match the floor. Better consult a good wood finisher about the kind of paint or stain to use. At least two or three coats of finish will be needed.

Treating old floors is hard work, "Grandma". If they are covered with several coats of varnish, the work is even more tedious. I could give you directions for making a good varnish remover, at home, if I had your address. I would send you a bulletin, too, on "Floors and Floor Coverings" if I knew where to send it. This bulletin would be a great help, when you do the house over this spring.

I can't find very much to criticize in your letter. I know you have a big responsibility, keeping your children satisfied with their home, when there are so many outside attractions. I suspect your boys and girls help with the housework, and with the painting. That's one way to keep them interested in their home.

I'm going to make a suggestion. We have heard twice, from one man who has good ideas about housekeeping. If there is any other man in the United States who thinks he can tell us something about managing our homes, or beautifying them, now's his chance to come in. We must have practical

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information, remember. And please sign your real name, and your real address. You notice that I never broadcast names, but I do keep an alphabetical file of all letters sent in. If I get a letter with no name, how can I file it?

I'm not quite sure what I'll give you tomorrow, but I think it will be more recipes, and a menu. So please come prepared.

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Housekeepers' Chat

Thurs., Jan. 13.

PROGRAM.....

RELEASE.....

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m 3Hh
ANNOUNCEMENT: The subject matter in Aunt Sammy's Chat today is a little different from that in the usual programs. How to prevent dampness and odors in brick and stone houses, how to take care of ferns, keep parsley green during the winter, and what vegetables to start in the south window, are discussed in the Housekeepers' Chat. The information has been approved by the U. S. Department of Agriculture.

The menu and the two recipes have been tested and approved by the U. S. Bureau of Home Economics, and will be added to the fourth supplement to the Radio Cookbooks. A second reprint of the cookbooks is being finished this week. Those who sent in their names some time ago should receive the books soon. Aunt Sammy's cookbooks contain all the recipes and menus she has broadcast this year, and are sent free to Station _____'s listeners.

Do you ever get tired of doing the same thing over and over? I mean making beds, or cooking, or getting up to turn off the alarm clock.

Sometimes I get tired of answering questions about cooking. Monday morning when I saw the postman coming, I shut my eyes, waved a pancake turner in the air three times, and made a wish. I wished, as fervently as I could, that you would ask me questions about gardens, and flowers, and ferns. Believe it or not, by the time I had sorted the letters, I found some very good questions which were not about cooking.

The first question reminded me of an old brick house in southern Indiana, on the banks of the Ohio; so near the river that one can look across at the beautiful Kentucky hills,-- But I must be careful, or you'll know just where I visited last spring.

I like this old brick house-- it is so solid and substantial looking. It has only one drawback-- in rainy weather, the moisture seems to seep right in through the bricks, and makes the interior of the house cold and damp.

Here is the question: "My house is damp, and causes an odor when closed up. Is there any way of stopping this?"

Here is the answer, from the U. S. Department of Agriculture:

"A closed home is always more or less damp in summer, because the inside is cooler than the outside air. As a consequence, the relative humidity is higher indoors than out. Sometimes the moisture is visible, on the walls, or furniture. This condition cannot be entirely cured, but can be greatly improved. Brick and stone houses are, as a rule, damper than frame houses.

"The odors in closed, dark, houses may be due to leaky plumbing, or lack of cleanliness, or to mould and mildew which thrive on the starch dextrin and the glue in the wall pastes, on damp wood, and fabrics of all kinds. Then again, disagreeable odors may arise from the building material, such as tar papers between the weather boardings and the floors, or whitewash, or cold water paints containing glue or casein used in decorating.

"The first thing to do is to let in plenty of sunlight and fresh air. Open all the windows, and keep them open. If the house is covered up in shade, cut out some of the trees, possibly all of them on the north, north-west and northeast sides, where the sun never strikes. There should be no limbs directly over the house. See that the roof and the weather boarding are sound. See that no rain can get in, to rot and mould the framing, and the plaster. See that the cellar is well drained. There should never be water in a cellar, at any time of the year. If such a cellar cannot be drained, better fill it up. It is dangerous.

"Dampness in brick or stone houses, plastered directly on the wall, especially old houses with very thick walls, is more difficult to prevent. Sometimes it is necessary to paint the outside of the wall, usually the north wall, through which the dampness comes. Brick and stone absorb a great deal of water, and a long-continued rain, beating against the house, may penetrate the wall, (especially if the mortar is of poor quality and lacking in studding strength) and make it wet on the inside. Where pointing up with cement mortar, and painting outside with a linseed oil paint, will not correct the condition, it may be necessary to place studding against the brick or stone walls, and lath and plaster over them. This gives an air space, between the wall and the plaster, that permits ventilation and corrects the trouble.

"Sometimes dampness is due to faulty construction of the house, and the fault is very hard to locate.

"Where dampness causes bad odors, causes wall paper to loosen, but not to mould and discolor, the condition can often be corrected, in part at least, by painting the interior with a good linseed oil paint, the final coats of which may be flatted, as desired."

That's the end of the answer, and a long one it is.

Question Number Two: "How shall I take care of my ferns? They are all covered with white specks."

Ferns should be potted in soil that is rich, and easily crumbled, and one that will grow garden crops well. Don't use too large a pot, nor yet one which will crowd the roots. Place the fern where it will receive plenty of light, but not necessarily sunlight, during the day. It must have plenty of water, too, not at regular intervals, but when the soil needs it.

In the home, the most satisfactory method of treating ferns infested with scale insects is to carefully sponge off the fronds with lukewarm water in which whale oil soap has been dissolved. Your seed-dealer will probably

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carry this soap. Hard-shelled scales should be broken with the end of a match, as the plant is sponged. This is necessary, as these scales are very resistant to any method of home control.

Next question: "What kinds of early vegetables should be started in the house?"

The person who asked this question must be making plans already for spring vegetables. Tomatoes, cabbage, peppers, cauliflower, celery, and lettuce plants may be started in the windows of an ordinary living room, especially if the windows are on the south side. Sow the seed in boxes filled with fine earth. When the small plants have formed one or two true leaves, in addition to their seed leaves, they may be transplanted to other boxes, or into flower pots, and grown to good size before the weather is warm enough to plant them in the garden. I'm sending you a copy of Farmers' Bulletin, "The City Home Garden," in case you don't know how to plant vegetables.

One more question: "What is the best way to keep parsley green during the winter?"

If you want only one or two plants of parsley, in order to have the leaves for garnishing, lift the plants in the fall, place them in pots of good earth, and grow them in a south or an east window. A potted parsley plant makes a rather nice decoration, and does fairly well in the house. Another method is to plant the parsley plants in a well protected cold frame, where they will get the full benefit of the sunlight during the winter months. Parsley plants will stand considerable freezing.

Now, having mentioned parsley, I'm in the mood to talk about dinner.

The main dish today is rice and chicken, which is both savory, and economical. In fact, it is an excellent way of extending the flavor of a small quantity of left-over chicken, into a substantial dish for another meal. If you are planning to have chicken for dinner Sunday, you might use today's menu on Monday. This suggestion for a rice and chicken dish comes from the Italians, and it is called "Chicken Rizotto". I'll tell you how to make it, in just a minute. The full menu is Chicken Rizotto, Carrots and Parsley Butter, Lettuce or Cabbage Salad, and Apple Dumplings with Hard Sauce.

You may want to take a few notes on the Chicken Rizotto. However, it is not a complicated recipe. Left over cold roast fowl, or bony pieces left from the first serving of chicken fricassee, can be used.

Pick the meat from the bones of the left-over cooked chicken. Stew the bones in enough water to make a quart of broth, adding any left-over gravy or sauce that will furnish chicken flavor. In a large skillet, cook slowly, in 2 tablespoons of butter, an onion, which has been minced finely. Do not let the onion brown. To this add the quart of chicken broth. When it boils up rapidly, sprinkle in slowly $3/4$ cup of rice which has been washed free of surface starch. Cover the skillet. Allow the rice to simmer in the broth for about 25 minutes, or until the grains swell and become soft. Shake

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the skillet from time to time, to keep the rice from sticking, but do not stir it unless absolutely necessary. By the time the rice is done, it will have absorbed practically all the broth, and the grains will be large and separate. Then add the small pieces of chicken which were picked from the bones, turn the mixture on to a hot platter, and sprinkle it generously with grated cheese. The Italians use Parmesan cheese, but any of the American varieties hard enough to grate will be satisfactory.

Here's the recipe for Carrots and Parsley Butter, Five ingredients:

8 or 10 medium-sized carrots
1/4 cup butter
1/2 teaspoon salt
1 or 2 tablespoons lemon juice
1 tablespoon finely chopped parsley

Five ingredients. I shall repeat them. (Repeat):

Wash and scrape the carrots, and cut them in slices or dice. Cook them in a small amount of boiling salted water until tender, or for about 10 or 15 minutes. Melt the butter, add the lemon juice, and the parsley. Pour over the carrots and serve at once.

The recipe for apple dumplings with sauce is in the radio cookbook. Of course, if you haven't time to make apple dumplings with sauce, plain baked apples will do nicely, as dessert.

To repeat the menu: Chicken Rizzotto; Carrots and Parsley Butter; Lettuce or Cabbage Salad, and Apple Dumplings with Sauce. Another menu tomorrow.

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PROGRAM

Housekeepers' Chat

RELEASE

Fri., Jan. 14

1.9
m 3Hh
Receive

ANNOUNCEMENT: The latest approved methods of laundering silk underwear, wool hose, and lace curtains, is fully explained in today's Chat. An appetizing, economical, and easily prepared lunch menu concludes the program. The menu and the recipes have been approved by the U. S. Bureau of Home Economics, and will be added to Aunt Sammy's Radio Cookbook. If you have not received your copy of this cookbook, which is free, write to Aunt Sammy, in care of this station.

My Next-Door Neighbor telephoned me yesterday, while I was trying to catch up with a three weeks' accumulation of patching and darning. You know how housework gets ahead of you, if you give it half a chance.

"Aunt Sammy," said my Next-Door Neighbor, "I got some silk underwear for Christmas, and--"

"So did I. So did every other woman in the United States. And every man got at least three pair of socks. Didn't I read the ads? 'Just Received-- New Shipment of Yuletide Socks. Make Father Happy This Year-- Buy Him a Pair of Our Twenty-Nine Cent Socks. Socks to Fit Every Man and Every Mood. Colorful Creations for the Younger Set. Moonbeam Socks for the Poet. Meadow Pink for the Artist. Jungle Green for the Hunter. Taxicab Yellow for the Man-About-Town.' Socks! I've been darning socks for two solid hours!"

"Heavens to Betsy!" ejaculated my Neighbor. "Who asked for a discourse on socks! I'd better come over."

In two minutes she was in my kitchen.

"Cheer up, Aunt Sammy," said she. "Don't you know this is 'Laugh' month?"

"Who said so?"

"I read it in the paper."

"Then let's laugh, and get it over with."

"But I don't feel like laughing, Aunt Sammy. I called you on the phone to tell you I've ruined a perfectly good suit of Christmas underwear. It's artificial silk, or maybe you call it rayon. I hung it on the line, so carefully, with five clothespins, and--"

The latest approved methods of handling this information
 are being used, and these methods, in fully organized
 operations, are being prepared and approved by the
 The same and these methods have been approved by the
 Department, and will be added to the Department's
 records, and will be used in the future.

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The Department has been advised that the information
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"No wonder it's ruffled! Sit down here and help me darn these socks, and I'll tell you how to wash artificial silk underwear. Yes, that orange and purple pair of socks belongs to Fred. He wants to wear them tonight to a high school party."

"Now, when you wash artificial silk or rayon underwear, you must remember that it's much weaker when it's wet. It must be laundered very carefully. Wash it in lukewarm water, with soapsuds. Hot water makes the fabric tender. It is important to have neutral soap. Don't rub the garments, but squeeze them, and rinse repeatedly, until they're clean. Rough finger nails, or rings worn on the fingers, tear wet artificial silk very easily. After it's washed, hang the rayon garment over a line, or in any other suitable place, but never use clothespins. If you iron your rayon garments, use medium heat; too hot an iron will injure them."

"Much obliged for the advice, Aunt Sammy," said my Neighbor. "Now tell me how to restore the original finish to ribbons and lace, and I'll darn another sock."

"Ribbons, laces, and veilings can be restored very nearly to their original finish, by dipping in skimmed milk, or whey. Be sure, though, that all the fat has been removed, or you'll have grease spots to contend with. Stretch the ribbon or lace over a smooth surface to dry, and do not iron it. The milky odor will soon disappear. Any more questions?"

"One more. Is there any way to wash wool hose, so they won't shrink, and get hard and ugly?"

"Sure there is. All moist wool is sensitive to rubbing, and to heat, and becomes hard and shrunken unless it's carefully washed. I expect you have discovered that strong alkali solutions weaken woolen fabrics, and often completely dissolve the material. Too much heat, and marked changes in temperature, will cause shrinkage. All the water used in washing woollens should be lukewarm. Many people wash their woolen garments correctly, and then rinse them in cold water. This causes a sudden contraction, which is likely to be permanent.

"When you wash wool hose, or other woolen garments, use only neutral soaps, and no strong washing powders. Use soap in the form of a solution, or a jelly, and don't rub it directly on the fabric. Use lots of lukewarm suds. The temperature of lukewarm suds is about 110 degrees Fahrenheit. Use more water, in proportion to bulk, for wool than for any other material.

"When you wash woolen hose, or other woolen garments, squeeze and work them in the lukewarm suds, without rubbing. Press out the excess water, and wash in a second lukewarm suds. Hand washing is less likely than machine washing, to shrink woollens, and make them lose their softness.

"Squeeze them from the last suds, and rinse them free from soap, in several changes of lukewarm water, as near the temperature of the suds as possible. All wool materials should be dried in a warm place, but not near a fire, or in direct sunlight. Never let them freeze."

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"Mercy me, Aunt Sammy," said my Neighbor. "What a lot of things one must know, in order to be an efficient housekeeper. I suppose I could save quite a good deal of money, if I'd learn how to clean things at home."

"Of course you could. I'm going to start a Christmas savings fund this month, with the money I'll save by washing my lace curtains. Darn another sock, and I'll tell you how to wash cream colored lace curtains."

"But my curtains aren't cream colored. They're a deep ecru."

"That's all right. The method's the same. First, before you wash them, measure your curtains. Then you'll know just how long and how wide to measure them for stretching, while they're wet. Handle the curtains carefully in the suds. Curtains sometimes go to pieces when they're washed. That's because they've been weakened by the action of the light. Wash them carefully, and if you use a washing machine, put them in net or muslin bags, as you do any fine pieces of material.

"If your curtains fade when they're washed, or if you want to make them a deeper cream, or ecru, add a strong solution of tea or coffee, or both, slowly to hot water, until you have the desired color. Test the color on a piece of muslin. Brown cotton dyes can be used, in very weak solutions, and should be tested on a sample, for shade. Take the curtains out of the water as soon as the desired shade is obtained. Starch the curtains, if you like, or better still, use gelatin or gum arabic as a stiffener. If you want to know how to use gelatin and gum arabic, I'll get you a copy of Farmers' Bulletin Number 1497, on Home Laundering. You should have a copy of this bulletin, anyway. It tells all about washing and ironing, and laundry supplies. Now, it's about time for me to think about lunch. But if you care to darn another sock, I'll read you a letter from one of my listeners in North Braddock, Pennsylvania."

While my Next-Door Neighbor darned another sock, I read her this letter. I'm going to read it to you, simply because it's interesting, and I liked it.

"Dear Aunt Sammy: Would you please send me one of your Radio Cookbooks, as I think the recipes you have given over the radio are wonderful. My husband tells me that he has received more pleasure from your radio talks than I have, although he has never heard you. You see my greatest hobby is sewing, I never took much interest in cooking, that is, in making special dishes, until I heard you. I thought I would surprise my husband. Now I really enjoy something different. I put my sewing away a little earlier, and take more interest in my cooking, much to the delight of my husband. So thanks very much for giving me the 'awakening' that I needed a long time ago.

"I take great pride in knowing that I am able to make so many pretty frills and fancy garments, but there are other things in life that we need to know, and I must admit I a failure in cooking. But with a lot of grit, and with your help, I am going to be a good cook. That is my New Year's resolution. Wishing you every success in the world, I remain, a true friend."

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"That is interesting," agreed my Neighbor. "If I received a letter like that, I'd want to do something special for the writer. Can't you plan an extra good menu, and broadcast it for her?"

"Perhaps so," said I. "You finish my darning, while I think about lunches. Let me plan the menus for the nation, and I care not who darns the socks."

"That's what I gathered, from your telephone conversation," observed my Next-Door Neighbor, as she made a new heel in a bright blue sock.

The menu I planned for my listener in North Braddock, Pennsylvania, is one which will serve for lunch or for supper. It includes Cabbage, Spaghetti, and Cheese; Fried Potatoes; Canned Peaches; and Brownies. The Cabbage, Spaghetti, and Cheese combination is hearty enough to serve as the main dish. The recipe includes seven ingredients, as follows:

- 4 cups shredded cabbage
- 2 cups cooked spaghetti
- 2 cups milk
- 4 tablespoons flour
- 4 tablespoons butter
- 1/2 pound American cheese
- 1 teaspoon salt

Did you get all seven? I'll read them again: (Repeat)

Cook the spaghetti in boiling salted water until tender. Make a sauce of the flour, butter, milk, and salt. Shave up the cheese, and add it to the hot sauce. Put the cabbage, spaghetti, and sauce in a buttered baking dish, in layers, and cover the top with buttered bread crumbs. Cook for 20 to 30 minutes in a moderate oven.

Since my friend in North Braddock says she doesn't know much about cooking, perhaps I'd better give her a few pointers on frying potatoes, so they'll be brown and crisp, but not greasy. For children, especially, foods should not be greasy, and should have no suggestion of burned fat. Cooked potatoes can be browned quickly and easily in a little butter, at rather low temperature. For children this seems the best way of browning them. In any case, slow cooking in only a little fat, makes a golden brown crust over the outside, while the inside remains soft, and yet does not absorb the fat. There are three other fine points in frying potatoes: Use a heavy skillet; let the pieces brown on one side before turning them; and cook only enough at one time to cover the bottom of the skillet, in a fairly thin layer.

Now I'll give you the recipe for the cookies, which are called "Brownies." A special feature of these cookies is that they will keep fresh for some time, in a tin box.

Nine ingredients for the cookies, called Brownies:

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1/2 cup butter
2 ounces or squares unsweetened
chocolate
2 eggs
1 cup finely chopped nuts

1 cup flour
1 cup sugar
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon vanilla

Count your ingredients, please, while I read them again: (Repeat)

Melt the butter and chocolate together. Beat the eggs lightly, add the sugar, and stir until it dissolves, and add the chopped nuts which have been mixed with the flour. Stir in the melted butter and chocolate after they have cooled. Pour into a warmed pan, which has been greased, and lined with greased paper. Spread the mixture evenly, and bake in a moderate oven (325° - 375°F.) for 40 or 45 minutes. Turn from the pan, and remove the paper from the cake, while it is hot. If this is not done the paper will stick. Cut the cake into strips a little more than an inch wide, and about 3 inches long. These brownies will keep fresh for some time in a tin box.

I'd better repeat the menu, lest you've forgotten part of it: Cabbage, Spaghetti, and Cheese; Fried Potatoes; Canned Peaches, or other Canned Fruit; and Brownies.

No more recipes till Monday, and by that time I hope to have a whole week's menus planned for you.

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PROGRAM.....

RELEASE.....

Housekeepers' Chat

Mon. Jan. 17.

ANNOUNCEMENT: The family pocketbook occupies the center of the stage today. Aunt Sammy is observing National Thrift Day -- the first day of National Thrift Week -- by giving suggestions on the wise expenditure of the family income. This information, as well as the Thrift Day menu, has been approved by the U. S. Bureau of Home Economics. The menu will be included in the Radio Cookbooks, copies of which will be sent free to all of Station _____'s listeners. Send your requests for cookbooks to Aunt Sammy, in care of this station.

* * * * *

Please put on your hats and coats this morning, and come a-visiting with me. It's National Thrift week, as you probably know, and I think we should get some information from an expert on family expenditures.

If you're ready, come on out and get into my car. The car that's named Letty. Letty is feeling frisky this morning -- I think she knows it's National Thrift Week, and she's going to show me what she can do on a gallon of gas. Watch out there, Letty! Don't start till we all get in! I'll have to sit on someone's lap, as usual. That's the price I pay for being not-so-big. I always have to sit on someone's lap, when I travel with a crowd.

Will you drive, Mrs. Green? Wait till I close this door -- it rattles, when it isn't shut tight. Now we're off. The Thrift Expert I mentioned lives just across the river bridge. Letty knows the way. Do be careful, Letty. You know you can't swim. Ah, there's a policeman! Now she'll behave. Nothing has a more steadying effect on Letty, than the sight of a policeman.

Here we are -- this white house on the right, with the green shutters. I hope the Thrift Expert is at home. I'll knock.... Here she comes.

"Good morning, Mrs. Thrift Expert,"

"Good morning, Aunt Sammy. Having a party of something?"

"Not exactly. These are my radio friends. This is National Thrift Day, and I thought perhaps you could tell us how to spend our money, and how to save it -- more particularly, how to save it. Tell us about budgets, and so forth."

"Certainly, I'll be glad to. Come in, and make yourselves at home. Let me take your wraps. That's a pretty hat -- with the straw trimming. Seems strange, to be wearing straw-trimmed hats in the middle of January. I must buy a new hat this spring -- that's one thing I've included in my 1927 budget.

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Now, Aunt Sammy, am I expected to give a profound lecture on planning one's living expenses?"

"No, indeed! We want practical information, but we don't want a lecture. We may interrupt you at any time, to ask questions. Just tell us, from your own experience, the best way to plan the living expenses, so that we may get the most from our incomes."

"Very well, I'll begin by telling you that we homemakers of the United States, as a group, manage one of the largest business undertakings. We direct the spending of many millions of dollars, every year. Since we're running such a big business, we might take a few tips from the business world, and improve our business methods. The first thing for us to do is to make a plan, for spending the family income, to the best advantage. This would mean not only better household management, but also, more money for books and music and beautiful pictures, and more money for labor-saving devices. If we have more labor-saving devices, such as vacuum cleaners, electric washers, and so forth, we have more time for our children, for reading, and for community activities. Any questions, so far?"

"Yes, the lady from Arizona wants to know what a budget is."

"A budget, in its simplest terms, is a plan for future spending. All budgets are on the same principle, -- the family budget, the budget of the manufacturing plant, the budget of the United States government. All business concerns have budgets."

"Another question. Where can we get a ready-made budget?"

"You can't. No authority can supply a budget ready made. There is no such thing as a standard budget. There is no 'one best plan' for spending the income of a family with a certain number of children. Each family must make its own budget, for each family has its own peculiar needs, its own aims, and hopes, ~~its~~ its own difficulties and responsibilities. A good plan of spending for one family with three children, and an income of \$2,500 a year, might not work at all for another family living in the same town, with the same number of children, and the same income. Each family must work out its own budget. But not every family does work out a budget. Americans are not a thrifty people. The United States would not head the top of the list, if the nations of the world were ranked according to their thriftiness.

"What do you mean by 'thrift'?"

"Someone has said that thrift is telling your money where to go. Shiftlessness is asking yourself where it went. According to this definition, a good many of us are shiftless, especially in December. How many of us, honestly, can tell where our money went last month? I won't embarrass you, by demanding an answer."

"Question, please. Why don't more women budget their household expenditures, or plan the use of their income in advance? Surely, they would learn by experience, and get more for their money, each succeeding year. Why don't they do it?"

Dear Mr. ...
I have received your letter of the 15th and am glad to hear from you.
The work is going on as usual and we hope to have some news for you soon.
I am sure you will be interested in the progress we are making.
I will be in touch with you again in a few days.
Very truly yours,
[Signature]

I am sure you will be interested in the progress we are making.
I will be in touch with you again in a few days.
Very truly yours,
[Signature]

I am sure you will be interested in the progress we are making.
I will be in touch with you again in a few days.
Very truly yours,
[Signature]

I am sure you will be interested in the progress we are making.
I will be in touch with you again in a few days.
Very truly yours,
[Signature]

"Well, there are various reasons. One homemaker says she's poor at figures -- never could add and subtract. Another says she handles only part of the family money. A third says her husband's income is not a steady one, and she can't tell just how much there will be to spend. Still others believe they are already saving as much as possible, and that planning a budget would be a waste of time. You've heard these women say, 'I never do spend a cent I don't have to!' Then there's another type of woman, who seems proud of the fact that she doesn't want to know where the money goes.

"But almost every homemaker, on a moderate income, has common sense enough to admit that by planning ahead for certain big expenses-- like graduation dresses, or music lessons, or an automobile -- she can save enough to pay for these things. What many of us do not realize, is that we are managing a business, that one of our important tasks is the handling of part, or all, of the family income. The homemaker who says she doesn't want to know how her money is spent, is ignoring part of her job.

"The woman who believes she is already doing her best, needs to realize that her way may not be the best way. If she made a budget, she might see things which have escaped her attention -- things which might make her problem of economy somewhat easier. Viewed in this light, the task of making a budget, and living up to it, seems a positive duty, to be undertaken in a spirit of cooperation, since it aims at getting the most of what is good in life, for all. Very soon making a budget becomes really interesting.

"Let me ask you women another question. Haven't you had uncomfortable family sessions, say about the first of the month, when the bills come in? Perhaps your husband is so preoccupied with the business of making a living that he pays no attention to the bills, till they are left at the door. Then what happens? The poor man accuses his wife of being a spendthrift, he just knows his family is headed straight for the poor house! And his wife is sure she has spent the money as wisely as possible. It takes just so much money, to feed and clothe the children. And if you didn't spend the money for meat and vegetables and milk, there'd be doctor bills to pay! I'm not saying that a budget would be a solution for all the financial problems which confront the average family, but it would certainly be a great help. Too many of us go through life like Wilkins Micawber, in 'David Copperfield', borrowing money, and waiting for 'something to turn up.' What was it he said, about incomes -- 'Annual income, twenty pounds, annual expenditure, nineteen nineteen six, result happiness. Annual income twenty pounds, annual expenditure twenty pounds, eight and six, result misery.' In other words, you will be miserable if you spend more than you make. Any more questions?"

"One more. How does one go about making a spending plan, or a budget?"

"First, if you can, get the whole family interested. If you make a plan, and try to live by it as a group, you will very likely succeed. However, if some members of the family aren't interested, start with a budget for your own clothing, and for all the household expenses over which you have control. Later the other members of the family may have to admit that you are doing bet-

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ter with a plan, than they are, doing without one. Perhaps they will want to join in, and make a budget for all the family expenditures."

"There are certain fixed expenses that must always be met, as well as the various things which are bought when needed, or when possible. If your income is variable, that is, if there's more money coming in some months than others, all the more reason for keeping the fixed expenses constantly in mind. Then, in the fat months, you may make provision for the lean months. Being 'poor at figures,' makes no difference. Addition and subtraction do not matter so much as deciding upon what type, quality, and quantity of articles to spend your income. The important thing is to discover the little points where you should be careful, so that you may enjoy more worth-while things. Isn't that true, Aunt Sammy?"

"Yes. I was just thinking, though, how much easier it is to make a budget, than to live according to it. It's so easy to put things down on paper."

"You are right, Aunt Sammy. But remember, every successful business follows a financial plan. If your home business is to be successful, you must follow a plan, too. Of course, your first budget may need changing. Don't be afraid of changing it, just because it's down on paper. As you find your mistakes, and see ways to improve it, change it. A budget isn't like the laws of the Medes and Persians. Now have I talked enough about budgets, for one time?"

"Yes, enough for today, because I want to give my radio friends a good thrifty menu. But I'm going to ask a favor of you. If we come back tomorrow, will you tell us just exactly how to make a budget? We have the main idea. We all want to save money, and to get the most out of what we spend. In short, we want to manage this big business of housekeeping in the most efficient way. If we come back tomorrow, will you tell us exactly how to make a budget?"

"I shall be glad to. All of you come back again, and we'll get to the heart of this money matter -- if money matters can be said to have a heart."

"Very well. We shall talk about dollars and cents tomorrow. Now, I'd like to give you a dinner menu for National Thrift Day -- that's today. Here's the menu: Scalloped Salmon; Baked Potatoes; Peas, Fresh or Canned; and Peach Short Cake.

Let's begin with the scalloped salmon. It's easy. All you need is a can of salmon, white sauce, and buttered bread crumbs. Do you know how to make a white sauce for scalloped dishes? Use one cup of milk, 2 tablespoons of flour, 2 tablespoons of fat, about a fourth teaspoon of salt, and a speck of pepper. Place a layer of the salmon in the bottom of a greased baking dish. Pour some of the sauce over the salmon. Add another layer of salmon, then more sauce. Cover the top with buttered bread crumbs. Bake until the sauce bubbles, and the crumbs are brown. So much for the scalloped salmon.

I won't describe the intricate method of opening a can of peas, or baking potatoes. Perhaps I'd better mention the peach shortcake, though, for the

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benefit of the January bride, who can cook only the simplest dishes.

Peach shortcake is made just like strawberry shortcake, only you use canned peaches, or stewed dried peaches.

What's that? The January bride says she can't make peach shortcake, because she doesn't know how to make strawberry shortcake. What a deplorable state of affairs! Here, I'll tell you an easy way. Make some good, rich, light biscuits. Split them in the middle. Put the peaches in the biscuits. Place a peach or two on top of the biscuits, for looks. Then put a fluffy bit of whipped cream on top of that.

I shall repeat the menu: Scalloped Salmon; Baked Potatoes; Peas, Fresh or Canned; and Peach Shortcake. That peach shortcake is really Hasn't anybody thought of a word I can use in place of delicious? Please suggest something. I get so tired of using the same adjectives.

I'll see you again tomorrow, and give you a menu which may be used for lunch or for supper.

Faint, illegible text, possibly bleed-through from the reverse side of the page. Some words like "should" and "would" are faintly visible.

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Housekeepers' Chat

Tues. Jan. 18.

PROGRAM.....

RELEASE.....

ANNOUNCEMENT: How to spend the family income, and have some left at the end of the year, is discussed by Aunt Sammy today. All the information, including the menu, has been approved by the U. S. Bureau of Home Economics.

Reserve

* * * * *

I hope you haven't forgotten the subject of our Chat today. Instead of taking you to visit the Thrift Expert whom we met yesterday, I've brought her here with me. She has made a special study of spending plans, and you may depend upon it — her information is practical, and reliable. She will tell you how to make a budget, and then I shall give you a menu.

Don't be surprised if her voice resembles mine. We used to live in the same city. You may have the floor, Mrs. Thrift Expert. Please tell us how to spend our money wisely, how to make a budget, and how to live up to it. We may take notes, as you talk.

"Good morning, ladies. It is indeed a pleasure to be with you again. I shall outline a budget, or spending plan, and then Aunt Sammy will give you another thrift menu.

"In the first place, making a budget means writing down what the family earns, what the family plans to spend, and what the money will be spent for.

"In order to spend wisely, you must know what you have to spend. The first step in making a budget is to estimate your income. Write down all the sums of money you are fairly sure of receiving during the next 12 months, from earnings, sales, interest on investments, and all other sources. In making the list, don't be too optimistic. It's better to underestimate your year's income, rather than to overestimate it.

"The next step is more difficult. Make a list of all the items that the family income must cover during the coming year. Do this in a systematic way, taking one class of expenditure at a time. For instance, your budget might cover the following items: Food, Housing, Clothing, Operating Expenses, Furnishings and Equipment, Health, Personal, and Development. Under 'Development' we will include education, church, charity, recreation, and such items.

"Now let's consider food, which is probably more important than any other one item. At least it takes a big portion of the average income. If you do not know what you have been spending for food, keep a record for a week or two. If you see places where you are being extravagant, improve

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your method of buying. Then, after you have kept a food record for a week or two, plan what you think you should spend for food during the year. If you live on a farm, much of the food will be home grown. You will be as careful in the use of this, as of your bought food, but in your budget -- your plan for spending -- you will consider only the food which you expect to buy.

"Next, take the item of housing. On the farm, if a farm account is being kept, the household budget need include under the head of housing, only one item, repairs and improvements on the house.

"In the city, the one item, rent, may cover all expenses for housing. But if you own your house, you will have to include taxes on the property, water rates, fire insurance, repairs, and perhaps improvements. If you are still paying for the house, you will list interest on a mortgage.

"Third, let's consider clothing. In planning the expenditure for clothing, make a separate list for each member of the family. This is quite a task, in itself, for you must note the articles that each member of the family has, those that will be needed in the course of the year, about when they will be purchased, and the amount that will probably be paid for each article. Remember that besides new clothes, old ones will have to be repaired, and there will be expense for cleaning and pressing.

"Fourth, we will take up operating expenses. Under this head, list the anticipated expense for fuel, light, telephone, laundry, household supplies, carfare, postage, and all the many little things you will need to run the house.

Then again perhaps you must buy new pieces of furniture, or have old ones repaired. It will be easier to get an accurate estimate if you make this list, and all the others, in considerable detail; otherwise many little things will be forgotten, and no provision made for them in your plan.

"Next, we have the item of health, which includes dentist and doctor bills, eyeglasses, medicine, and so forth. This is a difficult item to forecast, but you can make a rough estimate, on the basis of past experience.

"There is another item, which I have called Personal. For personal expenditures, like candy, haircuts, special toilet supplies, give each member of the family an allowance.

"Then comes what the budget-makers call 'development' which we need if we are going to live efficiently and fully. It includes church and charity, recreation, education, and so on.

"Under church and charity, list the amount you expect to spend for the support of your church, your community chest, and other such organizations.

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"Under recreation you may list concerts, lectures, the movies, perhaps a vacation trip. Education will include newspapers and books, and school expenses.

"If you run an automobile, estimate what it will cost during the next twelve months for gasoline and oil, repairs and replacements, insurance, taxes, license, and new equipment, and perhaps for garage rent. On the farm, if you wish to know what the family living costs, divide the expense of the automobile between the household and the farm business.

"Now, have we included all the known needs of the family? Let's check them -- Food, housing, clothing, operating expenses, furnishings and equipment, health, personal, and development.

"We need one more item -- savings. It really should come first. There is the future to consider. You want to own your own place, have money in the savings bank, have insurance enough to care for the family, and feel sure you can handle emergencies. Therefore, when you make your budget, decide how much you can save each month. Think of this sum as you do the rent, or the grocery bill, as something that must be met each month.

"Now you have two lists-- your estimated income for the year, and your estimated expenditures. Compare the totals. Are the estimated expenditures less than the estimated income? They should be. Go over your expenditures, till the total is less than the total income. You may find some extravagances, if you look for them, especially in small things.

"As I said yesterday, your first budget may need changing. As you find your mistakes, and see ways to improve your spending plan, change it. Keep a record of what you spend, check your expenditures with the budget each month, or oftener, and if necessary, change your scale of spending, the next month. Make your form of keeping records as simple and clear as possible. Every family has to work out to some extent its own form for writing down household expenditures, and use plenty of common sense in keeping it.

"Let me emphasize one thing, before I conclude my talk. Your record of expenses is not a formal account book. Don't waste time in accounting for every penny. I have known housewives who spend \$5.00 worth of time and good temper trying to account for a missing five cents. It is not how much you have spent, but how you spend it, and what you get for it, that is important. Your object is not a set of balanced books. You want to know where your money goes, so that next month, and next year, you can spend more wisely.

"Have I said enough about budgets? I don't want to be like a friend of mine, who talks continually about household accounts, and family budgets. Meal time is budget time, at her house. While the family eats, she talks about the cost of butter and eggs. No wonder her husband props his paper against the sugar bowl, and reads the sprot news, while she

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discusses finances. The poor man doesn't even have a chance to talk about the weather.

"One more word about budgets. You know that habits of saving and spending, like other habits, finally become established. 'Mental' budgeting becomes automatic, in time. So, even if you keep a written budget and record for only two or three years, you will have formed the habit of intelligently controlling the family finances, thereby greatly increasing the satisfaction and comfort of living.

"The budget plan I have given you is only a suggestion. Each housewife knows her own situation and her own needs better than anyone else. Sometimes she needs the wisdom of a Solomon, to make the family income cover the family expenditures, and still have some money left for the savings account.

"But I have talked long enough on budgets. I shall resign my place to Aunt Sammy, and the Thrift week lunch menu."

Aunt Sammy speaking now. I have planned a supper or lunch menu for you today: Quick Turnip Soup, with toasted cubes of bread, Chopped Meat Sandwiches, and a dessert of hot Gingerbread, with cheese, date and nut filling.

Quick Turnip Soup is easy to make, and the short cooking of the turnip helps to save the vitamins. Since the turnips are cooked right in the milk, all of the important minerals are saved. Quick turnip soup is particularly good for children.

Here's the recipe, for Quick Turnip Soup -- seven ingredients:

4 cups milk
2 cups grated raw turnip
1-1/4 teaspoons salt
1/2 teaspoon grated onion
1 tablespoon flour
2 tablespoons butter
1/2 teaspoon parsley, cut very fine

Seven ingredients: (Repeat)

Heat the milk in a double boiler, add the flour and butter which have been well blended; then the turnip, the onion, and the salt. Cook until the turnip is tender, or for about 10 minutes. Sprinkle the parsley in the soup just before serving.

With this soup, we shall serve toasted cubes of bread, the French name for which is croutons. C-r-o-u-t-o-n-s, accent on the last syllable. An easy way to make croutons is to spread slices of bread lightly with butter. Cut each slice into strips, then into cubes. Brown the cubes in the oven. These are often served on top of cream soups, or other soups.

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For the sandwiches, chopped ham seasoned with chopped pickle and moistened with salad dressing would be good. Or use any kind of cold left-over meat you have on hand. Just be sure to season the chopped meat so that it is tasty, and moisten it enough to make it spread well.

Hot gingerbread, with the cheese filling I told you about last week, is the one thing necessary to complete this lunch or supper menu.

The recipe for hot gingerbread with cheese filling was broadcast recently. However, since there may be a few of you who did not get the recipe last week, I'm going to give it again. For the Cheese filling you will need:

2 neufchatel or cream cheeses
2 cups chopped dates
1 cup chopped nuts
1/2 teaspoon salt
Cream

Five ingredients. (Repeat.)

Mash the cheese and mix with it enough cream to give it the consistency of a soft filling. Add the dates, nuts, and salt, and mix well. Split open a loaf of hot gingerbread, spread the cheese mixture on the lower half, replace the upper part and press it down lightly. The quantity of cheese filling given here is enough for a loaf of gingerbread about 8 by 10 inches. Serve the gingerbread at once, while still hot.

To repeat the menu: Quick Turnip Soup with Croutons, Chopped meat sandwiches, and Hot Gingerbread with Cheese Filling. This is a good menu to use when you haven't much time to prepare a lunch, or a supper. You may need an extra supply of Croutons, or toast, if your family is especially hungry.

Before I leave I must tell you something the Thrift Expert forgot. She has written a circular, called "Planning Your Family Expenditures," which explains in detail some of the things she discussed today. If you are interested in making a budget, write to me, in care of this station, and I'll send you a copy of this circular on budget making. The full name is Miscellaneous Circular No. 68-M, "Planning Your Family Expenditures." It is free.

And while we're talking about sending for things -- don't forget the Radio Cookbooks. Another supply has just been printed, and there are enough to go around now, at least for a month or two. We may have to order a third supply later on, because the cookbooks are going like -- You know what they're going like -- hot cakes and maple sirup.

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(I'm going to mention this circular again tomorrow, and use Mrs. W's name, if there's no objection.)

For the purpose of this report, the following information was obtained from the records of the Department of the Interior, Bureau of Land Management, and the Bureau of Reclamation, regarding the land parcels described herein.

The land parcels described herein are situated in the State of California, and are more particularly situated in the County of Santa Clara, and the City of San Jose.

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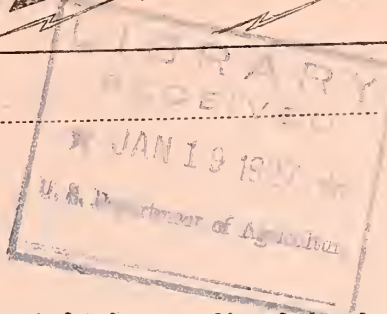
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PROGRAM.....

RELEASE.....

Reserve

Housekeepers' Chat

Wed. Jan. 19.



ANNOUNCEMENT: Yesterday Aunt Sammy told her radio friends how to budget their dollars and cents. Today she submits a plan for budgeting hours and minutes. Included in today's Chat are a Thrift Week menu, and two new recipes, which will be added to the Radio Cookbook. Copies of this cookbook will be sent free to Station _____'s listeners. Send your requests to Aunt Sammy, in care of this station.

ANNOUNCERS' ATTENTION: I have had a number of requests recently that recipes be repeated.--"Aunt Sammy."

My Next-Door Neighbor breezed in last evening, just after I had put Billy and Sally Jean to bed.

"I could see you through the window," she confessed. "You looked so comfortable, sitting before the fireplace. What are you reading?"

"An article about Benjamin Franklin."

"Very appropriate," said she. "If old Ben were living, he would have celebrated his birthday anniversary last Monday. He might have contributed a few more quotations, for Thrift Week. Let me see, didn't he write 'Whatever is worth doing, is worth doing well'?"

"Dear me, no!" said I. "Some one else is responsible for that. Franklin wrote 'Early to bed and early to rise,' and-- "

"I know!" exclaimed by Neighbor. "The copybook exercises-- 'Plough deep while sluggards sleep.' 'Never leave that till tomorrow, which you can do today.' 'One today is worth two tomorrows.' My favorite, though, was this:

'A penny saved, is two pence clear,
A pin a day's a groat a year.'

"Your memory's good," said I. "But what's a groat?"

"Don't ask me!" replied my Neighbor, flippantly. "I expect it has something to do with money, however, because Ben was a thrifty soul. He refused an appealing bride once, because she had no dowry. I remember another maxim of his: 'He that goes a borrowing, goes a sorrowing.' And another one: 'Remember that time is money.' Ben Franklin wouldn't have had much respect for a person like me, who wastes time every day, on non-essentials. Would he, Aunt Sammy?"

"He might have told you how to save time. One of my favorite quotations

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from Franklin is this: 'Dost thou love life, then do not squander time, for that is the stuff life is made of.'

"I like that, too," said my Neighbor. "'Dost thou love life, then do not squander time, for that is the stuff life is made of.' I wish I didn't squander time, but how can I help it? There's so much work to do, in the ordinary household and one can't tell just how long it will take to do a certain task. Too bad we housekeepers can't budget our time, as we do our money."

"Some housekeepers do," said I. "Tomorrow I will tell you--"

"Why tomorrow?" exclaimed my Neighbor. "Never budget tomorrow, what you can budget tonight. Tell me about it now, while I'm interested."

"Well," said I, "The plan is not exactly new. A good many modern home-makers apply the budget plan to the spending of both money and time, in their households. That's the only way they can be sure of having both ends meet, at the end of the year."

"There are four important, but not difficult steps, for the homemaker in the scheduling of housework."

"First, make a list of all your regular, daily, activities, like washing dishes, and making beds. Then make a list of all the regular tasks that do not come every day, like washing and ironing. Second, estimate the usual time required for these regular tasks."

"Wait a minute," said my Neighbor. "What if I can't remember just how long it takes, to wash the dishes, for instance?"

"Then jot down the time required, when you wash the dishes tomorrow. Use this day as the basis of your estimate. Rome was not built in a day. You can't make a budget in one evening."

"After your lists are made, the third step is to distribute the jobs that do not come every day, to certain days of the week, in such a way as to make the week run most smoothly, and to give the best possible arrangement of leisure time. For example, on Monday you might change the bed linen, collect the laundry, do some of the marketing, and perhaps some of the cooking, for the next two days. Tuesday might include the washing, Wednesday the ironing, Thursday the mending, some marketing, and perhaps an 'outing,' or a club meeting. Friday and Saturday may be devoted to cleaning, and extra baking. Jobs which do not need to be done every week, as washing windows, or polishing the silverware, can be scheduled for the same time. Then some of these jobs can be tended to each week."

"Sounds simple," said my Neighbor, placing another log on the fire, "but when is the best time of the day, or week, to do these miscellaneous tasks?"

"No one could tell you that. Each homemaker must decide for herself when it is best for her to do the different jobs. No outsider knows her problems, as well as she."

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"As the fourth step, in making this time budget, list the jobs for each day in the order in which they are to be done. Be sure to allow some time for irregular activities, and for interruptions, and don't forget periods of free time for leisure, and rest. Place the time of starting and finishing before each item. This may take some juggling of items, in order that such fixed things as preparing and serving meals will come at the proper time."

"Pardon me," interrupted my Next-Door Neighbor, "but how can you expect to remember all this schedule?"

"Write it down! I know one homemaker who has the time schedule for each day, written on a separate card, with a hole punched in the top. She hangs this card above the kitchen sink, before the day's work starts. Now your time schedule is already to use. Try it out. If it doesn't work the first time, change it, so that it works smoothly. And when you've done that, your only problem is remembering to follow it."

"Aunt Sammy," said my Neighbor, "do you keep a time-budget?"

"I do. I couldn't do housework, and plan Housekeepers' Chats, if I didn't budget my time. My work would drive me, if I didn't keep a guiding hand on it. Without a definite schedule, I would have no time for rest and leisure, and for the unexpected tasks which constantly arise in my household. There are so many interruptions and emergencies in housework. It pays to get the routine jobs well planned for, in advance. I have allowed plenty of time in my schedule for little interruptions. Sometimes the interruptions are longer than I've provided for in my schedule. But I've found that it's easier, when I do get back to work, to concentrate on the important things, if they're written down in black and white."

"Aunt Sammy," said my Next-Door Neighbor. "You make me feel very lazy. I shall take as my motto, from now on, 'Go to the ant, thou sluggard, consider her ways, and be wise.' Isn't that a nice motto, Aunt Sammy?"

"Under the circumstances, I think it is very dreadful. You'll get no more advice from me!"

"Oh, please!" said my Neighbor, greatly disturbed. "I was only joking. I'm as much interested in a time schedule as you are. Tomorrow I'm going to make one. First, I shall list all the regular jobs that come every day, then jobs that come less often. Second, I shall write down the time required to do these tasks. Is there any special form, for keeping this time record?"

"Yes," said I, in very good humor again. "The United States Bureau of Home Economics, at Washington, D. C., will be glad to send blanks for time records, to any housewife in the United States who asks for them. The blanks are free."

"I'll do that," said my Neighbor. "After I have estimated the time required for all housekeeping duties, I'll juggle the weekly tasks around, so my week will run more smoothly. Then I'll write down the jobs for each day, in the proper order, and stick to this schedule, as nearly as possible. Perhaps if I budgeted my time, I would have more of it for reading, and sewing, and concerts."

"You are a model student," said I. "As a reward for your diligence, I'll tell you the Thrift Week lunch menu I've planned for my Radio Friends. That is, I think it's a lunch menu, although it could be a supper menu, just as well. Write down the menu, if you wish. Here's a pencil. Corn Pudding (made with canned corn) Apple and Celery Salad; Graham Muffins; and Cocoa.

"That's a nifty-- I mean a thrifty menu," observed my neighbor. "But how does one make a Corn Pudding, with canned corn?"

"Just like this. I have the recipe here-- the one worked out by the Recipe Specialist, in the Bureau of Home Economics. You must have these five ingredients:

2 cups canned corn or dried corn, soaked and cooked
2 tablespoons melted butter
1-1/4 teaspoons salt
3 eggs
2 cups milk

I'll repeat the five ingredients: (Repeat)

Beat the eggs, and mix all the ingredients. Pour into a buttered baking dish and place in the oven in a pan containing boiling water. Bake the corn custard slowly until it is entirely set to the center in a moderate oven (350° F.) Corn canned Maine style, that is, with the grain scored and the pulp scraped out, is especially good for use in this kind of a dish.

"For the apple and celery salad, you will need three medium sized apples, three stalks of celery, lettuce, and salad dressing. Pare the apples, remove the cores, and cut the apples into small pieces. Dice the celery. Sprinkle the apples with lemon juice. Mix the celery and the apples. Arrange on the lettuce leaves. Top with mayonnaise, or other salad dressing. Add chopped nuts, if you wish.

"I won't tell you how to make the graham muffins, because you surely know how to make muffins."

"I do know," said my Neighbor. "But I'd like to have your recipe. It might be better than mine."

"All right, take it down. It is from the bulletin "Home Baking" (1450-F). I'll send you a copy if you wish. For the graham muffins, you will need seven ingredients, as follows. These quantities will make 10 or 12 muffins:

1 cup milk
1-1/2 cups coarse graham flour or
1-3/4 cups more finely ground graham
2 to 4 tablespoons fat
1 egg
2 teaspoons baking powder
1 to 2 tablespoons sugar
1/2 teaspoon salt

Seven ingredients: (repeat)

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Do not sift the graham flour before measuring. Graham is the only kind of flour that is measured unsifted though. Remember that, with all the recipes I give you.

Mix all the dry ingredients thoroughly. Beat the egg slightly, add it to the milk. Stir the combined milk and egg into the dry ingredients. Add the melted butter or other fat last. Bake the muffins in a hot oven (about 400° to 425° F.)

"Are you sure you have the menu? Corn Pudding, made with Canned or Dried Corn; Apple and Celery Salad; Graham Muffins and Butter; and Cocoa."

"I have it," said my Neighbor. "Aren't you going to tell me the best way to make cocoa?"

"No. I'm going to leave something to your imagination."

My Neighbor left, soon after that, and I planned a few more menus, for Thrift Week.

By the way, if you are interested in observing a Thrift Year, instead of a Thrift Week, I shall be glad to send you a copy of the circular I mentioned yesterday. This circular is called "Planning Your Family Expenditures." It was written by Mrs. Woodhouse, of the U. S. Bureau of Home Economics, and contains some excellent suggestions for making family budgets. The circular is free.

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PROGRAM..... Housekeepers' Chat

RELEASE..... Thurs... Jan... 20

Reserve

ANNOUNCEMENT: Teaching thrift habits to children is the keynote of today's thrift talk. The Thrift Dinner Menu, and the recipes for chocolate pudding and chocolate pie, have been approved by the U. S. Bureau of Home Economics. The recipes, recently worked out by the Bureau, will be added to the Radio Cookbooks, copies of which are sent free to regular listeners of Station _____.

"What did you broadcast today, Aunt Sammy?" Billy asked me last night, as he undressed for bed.

"I talked about thrift, and saving money, and cooking."

"Why don't you ever talk about me any more?" asked Billy. "The ladies who listen to you will forget about me. They won't think I'm real, if you don't talk about me."

"Oh yes, they will. Some of them may have six-year-old boys of their own. They probably know more about you, than you realize. Pick up your shirt--don't leave it on the floor. Fold your trousers-- and put them on the chair. That's much nicer. Get your teddybear, and hop into bed."

Billy's teddybear is named Winnie-the-Pooh, after a famous storybook character. I hope you won't laugh, when I tell you that Billy can't go to sleep without Winnie-the-Pooh. But then Winnie is not an ordinary brown plush bear. Winnie-the-Pooh has a soul.

As I turned out the light, after telling Billy goodnight, I stumbled on a small shoe. Outside the door I found another shoe, and a wool sock.

"You forgot something, Billy," I said severely.

"I know," answered Billy, in a sweet and gentle voice. "I'm almost sound asleep. Pleasant dreams, Aunt Sammy."

Now what would you have done, in a case like that?

Billy's carelessness set me to thinking. We talk at great length about thrift in the home, saving money, saving time, and making budgets, but how many of us begin at the beginning, and teach thrift to children? Of course we remind them to hang up their clothes, to eat the crusts of their bread, and to clean their shoes in rainy weather. But how many of us try to inculcate habits of saving, at the habit-forming age, and to make thrift attractive?

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We can't relegate the teaching of thrift to the schools. The home is the best place to teach it, for the home offers an opportunity for daily practice.

I know one successful family, in which there are five children. When the yearly budget is made, the older children are called in, and their help is enlisted. Each child knows his fair share of the income. Each one contributes to the efficiency of the household, by sharing the work and the responsibility. They know the exact amount their parents are trying to save, and they help save it.

Each child has a small allowance, and earns what he can, besides. They do not receive money for regular household tasks, but they are paid for doing extra jobs, which would ordinarily necessitate hiring outside help.

As soon as the children in this family were old enough, their mother taught them to plan for their own clothing. She began with the smaller things, -- hats, shoes, and gloves. Of course the children made mistakes-- but they learned, through experience. Each child had a spending plan, and a saving plan, something like the budget I described the other day, only simpler. When I visited this family, several years ago, the eight-year-old boy told me he was saving twenty-five cents a week, which, at four per cent a year, compounded semi-annually, would amount to over \$70, in five years.

He knew what he was talking about, too, for his parents had explained the terms to him.

The children were early taught to be self-reliant. They were taught to take care of their clothes, because that meant saving time, work, and money. They kept their shoes polished, and their clothing brushed. Their mother made it easy for them to care for their clothing. Their play garments were made of material not easily soiled, or torn; such articles as handkerchiefs, caps, overshoes, and gloves, were marked, so they weren't easily lost; and each child had an individual wardrobe, or locker, for his garments. The girls did simple mending, and helped with the washing and ironing. Their mother found that clean clothes stayed clean longer, when the children helped with the ironing, and the girls were more satisfied with plain and simple garments.

The children were taught respect for food, by knowing something of the work involved in its production and preparation. They knew the market prices of various foods, and the girls helped with the cooking.

One thing that I admired about this home was its orderliness. The boys and girls seemed to take more interest in making the house attractive, than their parents did. Small repairs were made by the children. When the boys were old enough, they were taught the proper way to care for a furnace. That interested them in saving coal. They learned to read the gas and water meters, and took great pride in keeping the readings as low as possible.

I have one more suggestion to pass on to you. Perhaps you have learned, as I have, that boys and girls get much satisfaction from keeping written accounts. A boy with a paper route, for instance, a bank book, and a memorandum

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book for keeping a record of his income and his expenditures, is in a fair way to learn the value of money, and good business methods.

A very simple memorandum book may be used. Put entries of money received in one column, and those of money saved, and money spent, in another. Every month this record may be summarized, and the total amounts of earnings, savings, and expenditures, transferred to a blank book. Children take more interest in the family budget, if they keep individual records. Besides forming habits of thrift, the children learn the value of a bank account, how to make deposits, write and endorse checks, and so forth.

A noted banker said the other day that as a nation of workers, American citizens command larger wages than are paid in any other country, but as a nation of savers we are far behind many who are less fortunate than we. The attitude of the public mind must be changed, said he, from one which welcomes extravagance, and tolerates debt, to a real belief in the desirability of spending a little less than is earned.

Now, since our time is getting short, -- if the transition is not too abrupt-- I will go from high finance to the problem of preparing a thrifty dinner. Can you make the change, without becoming dizzy?

Today's thrift dinner includes pork chops, quick-cooked turnip, baked sweet potatoes, jelly or pickle, and baked apples and cookies.

While the potatoes and the apples are baking, you can cook the pork chops, and the turnips.

Do you remember how to cook turnips, the quick way? Ah, the lady in Kansas has forgotten, already. Cut the turnips in fairly thin slices, and cook them in lightly salted water. Cook them for 15 or 20 minutes, until they are tender. Drain the turnips, mash them, and season with butter. Cooked this way, the turnips keep their fresh color and mild, appetizing flavor.

This is surely an easy menu to broadcast: Pork Chops, Quick-Cooked Turnips; Baked Potatoes; Jelly or Pickle; and Baked Apples and Cookies.

Now, in the few minutes left, I want to give you recipes for Chocolate Pudding, and for Chocolate Pie Filling. These recipes were asked for so long ago that I've forgotten the date--but anyway, here they are--two very good recipes to add to the cookbook.

I'll give you chocolate pudding first, seven ingredients:

4 cups milk	1/2 teaspoon salt
1-1/2 squares chocolate	1 egg
1/2 cup sugar	1 teaspoon vanilla
6 level tablespoons cornstarch	

Seven ingredients, please check them; (Repeat)

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Mix the cornstarch and sugar intimately. Melt the chocolate and heat it with the milk and salt in a double boiler. Pour some of this warm milk into the cornstarch and sugar. Return it to the double boiler, stirring until thickened; then cover and cook for about 20 minutes. Beat the egg until light and after pouring the hot pudding into it beat well again. Add the vanilla and pour at once into a wet mold and chill thoroughly. Serve with a soft custard, cream, or whipped cream.

Now the Chocolate Pie filling, eight ingredients for this:

2 cups milk
1 square chocolate, unsweetened
2 eggs
6 tablespoons sugar
2-1/2 tablespoons cornstarch
1/4 teaspoon salt
1 teaspoon butter
1/2 teaspoon vanilla

Eight ingredients, as I said before. (Repeat)

Melt the chocolate over steam and pour it into the scalded milk. Mix the cornstarch and the sugar and add them to the hot milk and beat until smooth. Allow the cornstarch mixture to cook in the double boiler for ten minutes, remove from the fire, add the butter, salt, and the beaten egg yolks and the vanilla. Fill the prebaked pie crust with the mixture and cover the top with meringue made of 2 egg whites beaten stiffly and 2 tablespoons sugar, 1/4 teaspoon vanilla, and a pinch of salt. Bake the pie in a slow oven for about twenty minutes or until the meringue is brown.

That's all, till tomorrow.

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PROGRAM..... Housekeepers' Chat RELEASE Eri., Jan. 21

1.9
Im 3Hh

ANNOUNCEMENT: Do you attend the January white sales? Then listen to Aunt Sammy, and learn the earmarks of a true bargain before you go a-buying sheets, and pillow slips, and towels. Aunt Sammy will broadcast a menu, also, for the benefit of husbands who have a craving for pickled pigs' feet, and sauerkraut. The menu, and the recipes, have been approved by the U. S. Bureau of Home Economics, and will be added to the Radio Cookbooks.

The January white sales are on. A good many thrifty housewives are taking advantage of the sales, to stock the linen closet.

The news papers are full of enticing ads this month. Walk down Main Street, and you will see window displays of tempting bargains-- luncheon sets that were \$10.00 before Christmas marked down to \$4.98-- more practical bargains, such as sheets, pillowcases, and towels. It seems that all one needs is a pocketful of money, and presto! the linen closet will be full again.

But you know, and I know, that money is not the only thing needed in getting a true bargain. Money is important, extremely so, but a knowledge of fibers, and weaves, is highly necessary in choosing a true bargain in white materials.

Have you ever, in the first flush of excitement at a January white sale, bought a pair of sheets at a great reduction in price? You thought the sheets were such a good grade of muslin-- stiff and firm and white, with a lustrous finish, and the price, my dear. Can you imagine anything so cheap!

Of course I can, because I've bought them. The sheets were nine inches too short to begin with, and when they were laundered the first time, and all the starch, and the sizing came out, and the sheets shrank several inches-- well, they would have made excellent dust cloths.

Let me give you a little advice about buying white materials-- whether you buy in January, or in May.

If you are buying cotton goods by the yard, unravel a yarn, and untwist it. Then pull out the small tufts of the fibers. Are the fibers the same length, or are they of different lengths? The fabric with the longest fibers, if of regular length, will wear the best. Why? Because the ends of short fibers work loose, and make the fabric unsightly, and fuzzy, as the starch put in by the manufacturer is washed out. The lint rubs off from such a fuzzy fabric, and the fabric catches dirt, and becomes soiled more readily.

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H.C. 1/21/27

When you measure the length of the cotton fibers, remember that cotton is a short fiber, at best, varying in length from three-fourths, to one and three-fourths, inches. Remember that the finest and best cotton fabrics will have the finest and longest fibers.

Notice another thing, when you buy white goods by the yard. Are the yarns even and equal in size? Irregular yarns make lumps, that cause the fabric to wear through quickly at that point. Loose ends on the surface, left from knots in the yarns, are likely to catch in laundering, and make holes in the fabric. Cloth with these defects is often sold as a "second," and the buyer should not be surprised if it shows signs of wear rather quickly.

To judge the firmness of the weave, pull the fabric on the straight, and on the bias, first oneway, and then another. Scratch it with the finger nail. Note whether the yarns slip out of place easily. The closer the weave, the stronger the fabric, other things being equal. If the weave is very loose, be prepared to have the fabric shrink, when it's washed, just as my sheets did.

Now, before I buy white cotton fabrics, I rub a corner of the goods briskly between my fingers, to see whether it contains a great deal of starch, or other stiffening mixtures. Sometimes one can detect too much weighting in material by holding it where a strong light can shine through it. Best of all, if you can, take a sample home, and wash it.

Do you know that cotton is our leading textile fiber? More than eight billion square yards of cotton goods are manufactured and used in the United States every year. Most of the textiles bought by the average family, and most of the garments made in the home, are of cotton. Therefore, the careful selection of these materials means the saving of money, time, and effort.

If we will ask often enough, and loud enough, perhaps some day the quality of many fabrics will be standardized. Then we can buy according to grade, and we will know ahead of time what service we can expect of each grade. Sheeting, for instance, is such a staple product that textile experts can establish retail grades on the basis of number of yarns per inch, and weight, and strength of the fabric. The more interest we show in the quality of sheeting when we buy it, the sooner the standardizing will come.

Since cotton is the cheapest common textile fiber, it is usually not adulterated; but sometimes it is specially treated, and can't be easily recognized, and sometimes other fibers are mixed with it.

You have all heard of mercerized cotton. Mercerizing is a permanent finish, given to cotton, that makes it more lustrous, and stronger. This finish should remain, after the material is washed. Mercerization is named after John Mercer, who discovered the process. Mercerized cotton should not be confused with artificial silk, now commonly called rayon.

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Very likely, when you attend the January white sales, you will buy colored cotton fabrics also. Pretty soon the store counters will be piled high with cotton materials suitable for summer dresses, in plain and novelty weaves, dull and shiny finishes, and dyes of all colors in the rainbow.

Some one asked me, recently, if there are any successful methods for setting the color in dyed fabrics, at home.

The answer is No. The household methods of soaking fabrics in salt, alum, pepper, vinegar, and various other solutions, as a means of "setting" the color, are largely a waste of time and materials. It is true that the color will not run from a dyed fabric as long as it remains in a saturated solution of salt or alum, but this has no permanent effect on the dye. The fabric is just as likely to fade, when washed later in the ordinary way. There are no successful household methods of setting the color in dyed fabrics.

But here's a helpful bit of information for those of us who make gingham school dresses, and percale aprons. The wash fabrics on the market now are faster in color than those of a few years ago. A much larger proportion of them are fast, both to sun fading and water fading. This is because better dyes are being developed. The manufacturer realizes the loss to the housewife, when the colors fade easily. Whenever possible, get a small sample and test it for both sun-fading and water-fading, before buying the material.

To see whether the color is sun-fast, cover a part of the sample with cardboard, and expose the rest to direct sunlight, for at least a week. Remove the cardboard occasionally, and compare the exposed and unexposed portions. Wash a sample under ordinary conditions., and not whether it fades.

If you are interested in knowing how to choose the best cotton fabrics, how to tell cotton from other fibers, and how to detect adulteration, I suggest that you write for a copy of the Farmers' Bulletin entitled "Selection of Cotton Fabrics." As long as the supply lasts, copies may be had free by writing to the U. S. Department of Agriculture, Washington, D. C., for Farmers' Bulletin Fourteen Forty-Nine, entitled "Selection of Cotton Fabrics." Perhaps you'd like to read this bulletin before you begin buying material for the spring sewing. A descriptive list of nearly a hundred common cotton fabrics is also included.

The next thing on the program today is another menu for Thrift Week. A dinner which includes pigs' feet, sauerkraut, baked sweet potatoes, cornbread, dried stewed apricots, and cake.

I've been saving this menu for a man who says he would rather have one meal of pickled pigs' feet and sauerkraut, than all the fancy dishes I could broadcast in a week. Any many who likes pickled pigs' feet and sauerkraut that well should have them occasionally.

If you live on a farm, and are making plans to butcher a nice fat hog next week, you may want some simple directions for preparing pickled pigs' feet. In preparing pickled pigs' feet, place them in salt pickle for several days. Then boil them for a varying length of time, depending upon the size of the feet--

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the pigs' feet-- taking care to remove them from the kettle before the meat separates from the bones. Split the feet lengthwise, place them in a jar, or other receptacle, and cover with vinegar, to which bay leaves, allspice, and whole black pepper have been added.

By the way, if you are interested in other pork products, in making sausage headcheese, scrapple, and lard, send for a copy of Farmers' Bulletin No. Eleven Eighty-Six, called "Pork on the Farm: Killing, Curing, and Canning."

Now, to get back to the menu. Besides pickled pigs' feet, we shall have sauerkraut. Some years ago sauerkraut was considered a very plebian dish. We had a barrel of it in the cellar-- so did our neighbors, -- but it was not considered a company dish, by any means.

Then somebody discovered that sauerkraut ranks with the best, in vegetable society. It was found that the making of sauerkraut offers a good means of using up surplus stocks of cabbage, and at the same time enables the housewife to carry over into the winter months a vegetable food that helps vary the diet, at a time when fresh vegetables are hard to get. Cabbage is very valuable, as a source of minerals and vitamins.

So much for the pickled pigs' feet, and the sauerkraut.

The next item on the menu is baked sweet potatoes. I won't linger here. And next comes cornbread. Would you like to have the recipe for cornbread, approved by the U. S. Bureau of Home Economics? Seven ingredients, as follows:

2 cups corn meal
2 cups sour milk
1/2 teaspoon soda
2 teaspoons baking powder
2 teaspoons salt
2 eggs
2 tablespoons melted butter

I will repeat the ingredients. (Repeat)

Sift the dry ingredients. Add the milk, and the soda, which has been dissolved in a small quantity of hot water. Add the well-beaten eggs, and the butter. Pour into a very hot, well-buttered, pan. Bake from 40 to 50 minutes, at a temperature from 400° to 450° F.

Now let's check the menu: Pickled Pigs' Feet; Sauerkraut; Baked Sweet Potatoes; Cornbread; Dried Stewed Apricots; and Cake.

Another menu for the Radio Cookbooks. If you have listened in regularly to Radio Station _____, you are entitled to a free copy of the Radio Cookbook. Please send your request to me, in care of this station.

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Housekeepers' Chat

Mon. Jan. 24.

PROGRAM.....

RELEASE.....

1.9
Im 3Hh
Reserve
ANNOUNCEMENT: How to pick cotton, by the yard, is the first bit of information for the housewife today. This is followed by a timely discussion of foods, a menu for cold winter days, and a recipe, from the experimental kitchens of the United States Bureau of Home Economics.

Do you remember what I told you, last Friday, about January white sales? Talking about the sales put me in the proper mood for buying, and I spent three hours, Saturday afternoon, in the dry goods sections of three department stores. I don't expect to get all the material I bought made up before June, but then it's in the house-- in case I run out of something to do. Which doesn't seem likely.

Last fall, the cotton pickers of the south harvested a record-breaking cotton crop. Over eighteen million bales, it is estimated, will be the total for 1926. Since there is such an abundance of raw cotton, the white sales this winter afford us an excellent opportunity for replenishing supplies of household textiles. I bought a dozen pillow cases, half a dozen sheets, half a dozen Turkish towels, and enough unbleached muslin for two mattress covers, two ironing board covers, and new curtains for the kitchen and bathroom. Like old Mis' Means in "The Hoosier Schoolmaster," I believe in getting a plenty, while I'm getting.

Having had several unfortunate experiences in buying sheets, I determined to get just what I wanted last Saturday. I like sheets which are 24 to 36 inches wider and longer than the mattress, so that the ends and sides can be well tucked in to hold the sheet in place. This also allows for a generous turnover on the top sheet, to protect the blankets, or other covers. I got very good quality in the sheets. The material has a firm weave, with very little sizing, or starch.

I find that unbleached sheeting makes excellent slip-on covers, for mattresses. Unbleached sheeting costs less than the bleached, wears just as well, and gradually washes out white.

All my purchases are true bargains, excepting perhaps the Turkish towels. I bought them last, and did not examine the material carefully. The toweling doesn't have a very firm weave, and I am afraid that under hard wear the loops will pull out, and leave holes. Next time I shall select Turkish towels with a firm weave, and a selvage with a firm, even edge.

Besides the white goods, I bought some gingham, and several yards of calico, in an old-fashioned pattern--tiny blue roses, on a cream-colored back-

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R-H. C. 1/24/27.

ground. That's for a smock, for myself. I have just learned, recently, that calico gets its name from Calicut, in far-off India, where printed cloth originated. Now, when I wear my smock, I shall forget about such prosaic jobs as washing dishes and cleaning sinks, and imagine that I am looking straight out the window toward the Indian ocean, instead of my neighbor's backyard.

But to come back from the Indian ocean, there are a number of questions I must answer, before I broadcast the menu.

Here's the first one: "You said something the other day about mercerized cotton fabrics. I should like to know whether the sheen will stay on mercerized cotton material, after it is laundered."

Textile experts of the U. S. Department of Agriculture say it will, if the fabrics are really mercerized. True mercerization makes cotton fabrics stronger, and gives a gloss that will last as long as the fabric. Sometimes the cotton yarns are mercerized before weaving, or the cloth itself may be given this treatment. The result is the same, in either case. The cotton acquires a silky finish, and yet is just as easy to wash and iron, as plain cotton, and wears even better.

Mercerized cottons are being woven into damask, and towelings, which look much like linen. These mercerized cotton tablecloths, napkins, and towels, however, do not have the smooth feel, and the ability to absorb moisture, that make linen one of the most highly prized textile fibers for such articles. Nevertheless, the mercerized cottons are just as good for many purposes, and their lower costs make them attractive. For summer dress goods, mercerized cottons are hard to equal. They are durable, cool, and easily laundered.

The next question is about food: "Has a banana any food value?"

A banana is very high in food value. In fact, almost one-fourth is starch, and sugar. In addition, a banana contains a small amount of protein, a trace of fat, and a small percentage of mineral matter. A banana should be fully ripe before using, in order to get the best flavor, and the most digestible condition. One authority, in discussing food for young children, suggests the occasional use of a little scraped ripe banana. In buying bananas, be sure the stem end is left on. In this way, the food is delivered in a sealed package. Baked bananas are good served in place of a starchy vegetable with meat, or as a dessert.

Third question: "Should food be removed from a can as soon as it is opened?"

No, it is not necessary to remove food from a can as soon as it is opened. As a matter of fact, transferring the canned product to another receptacle might add to the danger of contamination.

Fourth question: "What is the food value of rice? Can it be used as a substitute for potatoes, in planning meals?"

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Rice and potatoes are not exactly the same in food value, even though both of them are rich in starch. Potatoes contain some minerals and vitamins, in addition to the starch. Milled rice does not contain these minerals and vitamins. If there are plenty of fruits and vegetables in the daily diet, using rice instead of potatoes makes little difference in nutrition.. The needed minerals and vitamins are supplied by the vegetables and fruits. However, if the diet is so limited that potatoes are one of the few vegetables served, the situation is different. Then one must be careful to provide some foods which contain the substances lacking in rice. Cooking rice with tomato juice is a good way to overcome this deficiency.

This is the time of the year when the housewife must pay special attention to vegetables. Cabbage, carrots, beets, parsnips, turnips, celery, onions, and squash are available in most markets, at reasonable prices. And there are all the canned vegetables, too. Canned tomatoes, for instance, are as efficient a source of vitamins, as fresh uncooked tomatoes. And don't forget sauerkraut, as a winter standby. Although some of the canned vegetables may not be so good a source of vitamins as fresh vegetables, they contain minerals which are essential to good health, and they supply needed bulk.

Cabbage is particularly valuable for its vitamins, especially when served raw, and combines well with other foods to make tasty salads. Cabbage salad has many possibilities. Either white, green, or curly cabbage may be used. Chop it fine, and combine it with one of the salad dressings in your Radio Cookbook. This salad may be used alone on a cabbage leaf, or it may be served on lettuce. It is also good served on a slice of pineapple. A still more elaborate salad is made by adding grated cheese to the pineapple-cabbage combination. A very attractive way to serve this cabbage salad, if it is made from curly cabbage, is to hollow out the head and use it as a bowl, from which the salad is served.

Of course there is not such a variety of vegetables now as there will be in the summer, but those available may be served in a variety of ways-- buttered, creamed, baked, scalloped, or in salads. Soups and stews are also good methods of utilizing vegetables, which brings me right up to the menu, in a most logical manner.

How would you like a good onion soup, for these cold January days? This soup is hearty enough to serve as the main dish, at lunch or supper. Besides the onion soup we shall have a vegetable salad, and for dessert, canned fruit, or stewed fruit.

The Onion Soup-- the real name is Onion Soup au Gratin-- is made of eight ingredients, as follows:

3 cups meat broth
6 medium sized onions, chopped
1-1/2 teaspoons salt
4 tablespoons flour
2 tablespoons cold water
Pepper
Toast
Cheese

R-H. C. 1/24/27.

Light ingredients-- let's see if everybody has eight: (Repeat)

Cook the chopped onions in a small amount of water until tender. Then add 2 tablespoons of fat from the meat broth or the same quantity of butter and let the onions cook down in this until they are yellow. Mix them with the meat broth, and thicken with the flour and cold water, which have been well blended. Cook for a few minutes. Pour the soup into bowls or soup plates, place on top a round or slice of toasted bread, and sprinkle grated cheese on top. Serve at once.

To repeat the menu: Onion Soup au Gratin; Vegetable Salad; and Canned or Stewed Dried Fruit.

Now, instead of telling you to send for the Radio Cookbook, if you have not already done so, I am going to broadcast the names of two bulletins which will help you in choosing good material for the spring sewing.

Armed with the information in these bulletins, you will be able to judge weaves, finishes, and dyes, in the cotton fabrics which are used so extensively in the home. The first bulletin is Number Fourteen-Forty-Nine F, "Selection of Cotton Fabrics." The second is Number Fifteen-Sixteen F, "Principles of Window Curtaining." Both bulletins are sent free, by the U. S. Department of Agriculture.

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CONFIDENTIAL
The following information was obtained from a confidential source who has provided reliable information in the past.

On 10/15/50, the source advised that [redacted] had been observed at [redacted] in [redacted] on 10/10/50. The source stated that [redacted] was accompanied by [redacted] and [redacted].

It is noted that [redacted] is a known contact of [redacted] and [redacted]. The source further advised that [redacted] is currently residing at [redacted].

The source also mentioned that [redacted] has been seen in the vicinity of [redacted] and [redacted] on several occasions. It is believed that [redacted] is involved in [redacted] activities.

Additional information received from the source indicates that [redacted] has been observed in the company of [redacted] and [redacted] at [redacted] on 10/12/50. The source stated that [redacted] was seen entering the premises of [redacted].

The source further advised that [redacted] is believed to be in contact with [redacted] and [redacted]. It is noted that [redacted] is a known contact of [redacted] and [redacted].

PROGRAM..... Housekeepers' Chat

Tues., Jan. 25.
RELEASE.....

1.9
Im 3Hh
Reserve

ANNOUNCEMENT: Aunt Sammy will be highly regarded by Johnny and Willie and all other hungry sixteen-year-old boys after her Chat today. She even suggests a menu for them, including ice cream and cookies. The information on child nutrition, as well as the menu, have been approved by the U. S. Bureau of Home Economics. The menu and the recipe will be included in the third supplement to the Radio Cookbooks, copies of which are sent free, while the supply lasts, to Station _____'s listeners.

A listener in Chicago is responsible for the subject of today's program. She says she enjoyed the school lunch talk, given some time ago, because she has a six foot boy, sixteen years old, who takes four sandwiches for his lunch every day. And he insists on having each sandwich "different."

This letter reminded me of a sixteen-year-old boy I know, who has a young lady sister, twelve years of age. The boy has a healthy, normal appetite. The last time I ate dinner with this family, the boy was hungry, as usual. He filled his plate with good-sized portions of meat, gravy, vegetables, and bread and butter, gazed happily at the generous salad, and "fell to."

I wish you could have seen little sister's well-bred shudder, when she looked at the boy's plate.

"Isn't it awful?" she said to me. "Johnny always eats like that. I think he ought to be ashamed, to pile all that food on his plate!"

The boy blushed, became self-conscious, and excused himself from the table as soon as he had finished his dinner. While the rest of us lingered, and indulged in small-talk, my thoughts were with the sixteen-year-old boy.

I wonder why it is that some parents, and many young sisters never recover from the shock of watching a normal boy eat a normal meal? And why do they want to make his appetite the main topic of conversation, at meal time?

If I am ever invited to speak before a convention of younger sisters, I shall tell them a few things about older brothers -- boys in their teens, particularly.

In the first place, I shall tell all younger sisters that rapidly growing boys need large quantities of food. The boy's body needs material for its repair, and it needs building material for new tissue, so that growth progresses normally. Growing boys need much more than their younger brothers and sisters.

The first part of the report deals with the general situation in the country. It is noted that the economy is showing signs of recovery, but that the political situation remains unstable. The government has taken steps to improve the situation, but more work is needed.

The second part of the report deals with the economic situation. It is noted that the economy is showing signs of recovery, but that the political situation remains unstable. The government has taken steps to improve the situation, but more work is needed.

The third part of the report deals with the social situation. It is noted that the population is growing rapidly, and that there is a need for more social services. The government has taken steps to improve the situation, but more work is needed.

The fourth part of the report deals with the political situation. It is noted that the political situation remains unstable, and that there is a need for more political reforms. The government has taken steps to improve the situation, but more work is needed.

The fifth part of the report deals with the international situation. It is noted that the international situation remains unstable, and that there is a need for more international cooperation. The government has taken steps to improve the situation, but more work is needed.

The sixth part of the report deals with the future prospects. It is noted that the future prospects are uncertain, and that there is a need for more planning. The government has taken steps to improve the situation, but more work is needed.

The seventh part of the report deals with the conclusions. It is noted that the conclusions are that the country is showing signs of recovery, but that the political situation remains unstable. The government has taken steps to improve the situation, but more work is needed.

The eighth part of the report deals with the recommendations. It is noted that the recommendations are that the government should continue to take steps to improve the situation, and that there is a need for more international cooperation.

The ninth part of the report deals with the appendix. It is noted that the appendix contains a list of references, and that there is a need for more international cooperation.

H.C. 1/25/27

The United States Department of Agriculture says that a good sized boy of about 14 years requires approximately 3,000 calories, while his 8-year-old brother needs only about 1900 calories, and his five-year-old sister about 1600. Since he is still growing, milk is particularly valuable for the boy in his teens. At least a pint a day is desirable. This may be used in vegetable and milk soups, in cocoa, bread puddings, and so forth, or it may be taken as a beverage. The boy in his teens also needs eggs, cooked cereals for breakfast, bread made from whole-grain flours, plenty of fruit, all kinds of vegetables-- some of them served raw-- a limited quantity of meat, and sweets only at the end of meals.

Coffee and tea, doughnuts, and other foods cooked in much fat, are not desirable for the young child, nor for the adolescent. Neither should he be allowed to have money for chocolate bars, ice cream cones, and "hot-dog" sandwiches between meals, nor access to a pantry filled with rich cakes and pies. A boy hungry enough to need food between meals will enjoy bread and butter, fruit, or a glass of milk, but in no case should he dull his appetite so that he does not enjoy his regular meals. It is very important that his needs be supplied, as far as possible, at regular meal hours, and that he be encouraged to eat slowly, and chew thoroughly.

I have here a day's food plan, worked out for school children between the ages of fourteen and sixteen. You may be surprised at the amount of food suggested in the list, but it was worked out by some of the best-known dietitians. The menus--I'm going to read them in just a minute-- are especially planned to furnish the proper fuel value, the proper building material--both protein and mineral-- the properly balanced amounts of carbohydrates and fats, as well as the vitamins which are so necessary to growth and health.

First I'll read the breakfast menu, for school children between the ages of 14 and 16: Fruit, cereal and top milk, egg or bacon, toast and butter.

Next comes the lunch or supper menu. (Read slowly.) Here are three combinations: First, macaroni, cheese, and tomato, baked apples, cocoa or milk, plain cake or cookies. Second, hot roast beef sandwich, vegetable salad, baked custard. Third vegetable chowder, toasted rolls, rice pudding with raisins.

Now, I'll read three dinner menus: First baked beans, cabbage and raisin salad or slaw, stewed tomatoes and celery, Boston brown bread or graham bread, lemon gelatin with top milk. Second, meat loaf, scalloped potatoes, buttered carrots, grapefruit salad, tapioca cream. Third scalloped eggs, baked potato, spinach, fruit cup and cookies.

You will note that these are simple, wholesome foods, such as appeal to any youngster with a wholesome appetite.

Let me read you a paragraph from an article I read recently, about school children's diets:

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H.C. 1/25/27

"If children are fed carefully planned amounts of food, at stated intervals, are not allowed to acquire irregular habits, and are fed frequently enough so that they are not over-hungry and snatch up just anything to eat, to fill an empty stomach, the problem of feeding them will be much easier, and infinitely more satisfactory."

Children get notions about eating, liking something today which they would not eat a week before, or disliking something today for which they have been begging. These are often only passing whims, or they may develop into lasting prejudices.

This makes me think of Sally Jean, and her fancied dislike for to-may-to soup. For some reason which I have not yet discovered, Sally Jean refused to eat tomato soup. During the holidays she visited an Eastern cousin. When she came home, she told me that Cousin Jane didn't make to-may-to soup, she made to-mah-to soup, and it was good!

Live and learn, thought I-- henceforth I'll make to-mah-to soup. Sally Jean hasn't even noticed its remarkable resemblance to the to-may-to soup I served, before she visited Cousin Jane.

While we're on the subject of children, and meals, do you find it difficult to keep the younger children at the table, till they've finished eating? A good many times, last summer, six-year-old Billy would be interrupted in the midst of his dinner by a loud shout from without, and Clarence or Bruce or Donald would appear at the window, making frantic signals which meant that Billy's presence was desired immediately. And sometimes Billy would be so interested in a game of his own that he could hardly take time to eat.

Taking a hint from a friend of mine, I told the children that we would stay at the table for a certain length of time, whether we ate or not. The result was that the children took time to eat their meals properly.

Now I'm going to quit talking about dinners served in the home, and spend a few minutes on school lunches.

A word of advice about the lunch box. The container in which the lunch is packed should be washed each day, and aired when not in use. Many children object to the use of a box. In this case, a package of new paper sacks may be kept on hand, and a new one used each day. If new sacks are used, the school lunch is not likely to be flavored with other foods.

Wrap each article of food separately. Wax paper is excellent for this, as it keeps the foods from drying, helps retain their original flavors, and keeps the lunch box from being a hash of various kinds of food. For the lunch box sometimes undergoes many hard knocks before it reaches the school cupboard.

If you can depend upon the school for one hot dish, such as a vegetable soup, hot cocoa, or stew, you might fill the lunch box with sandwiches, firm salads, whole fruits, and small cakes or cookies. Make the sandwiches of

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H.C. 1/25/27

different breads, sometimes of white, occasionally of brown, or raisin bread. Buns, crackers, and rolls help to vary the bread part of the sandwiches. The fillings should be nutritious, appetizing, and of varied flavors. You will find suggestions for lunch box sandwiches in the Radio Cookbooks, on page 33.

Since I have talked about food at such great length today, I shall keep the menu till tomorrow, and give you a recipe in answer to a question asked recently. Here is the question: "Please tell me how to fry oysters, so the egg and bread crumb mixture will stick to them."

These directions for frying oysters come from the U. S. Bureau of Home Economics. They need no better introduction. Would you like to write the directions? I shall read slowly:

(Read slowly)

Select large oysters for single fries. Drain the oysters and look them over carefully for small pieces of shell. Have finely sifted stale bread crumbs seasoned with salt and, lightly, with pepper. Dip the oysters in a well-beaten egg to which 1 tablespoon of cold water has been added, and roll them in the seasoned crumbs. Place the oysters on a pan or board and allow them to stand until the egg and bread coating has hardened.

Heat in an iron kettle any desired fat until hot enough to brown a bread crumb in forty seconds. Then carefully place the oysters in a wire basket, lower them in the fat, slowly, and cook until golden brown. As the oysters are removed, put them on a paper to absorb the excess fat, and keep warm until all are prepared.

The point in frying oysters, says the Bureau of Home Economics, is to let the egg and crumb mixture dry on the oysters, before putting them into the hot fat. Then it sticks.

That completes the recipe for fried oysters. Let's see-- I said I wouldn't suggest a menu. I've changed my mind. The habit of suggesting menus is a difficult one to break. With the Fried Oysters, why not have a sour relish, or crisp fresh celery; baked potatoes; green peas, fresh or canned; pineapple and orange salad; and ice cream and cookies.

That's a good-looking menu. Note the color scheme-- golden brown, various shades of yellow and green, and a touch of orange in the salad. Reminds me of spring-- and daffodils. Wouldn't a bunch of daffodils make a charming centerpiece for this menu?

Listen carefully now, while I repeat it: Fried Oysters; Sour Relish or Crisp Celery; Baked Potatoes; Peas, fresh or canned; Pineapple and Orange Salad; and Ice Cream and Cookies.

Of course you might omit the ice cream and cookies, if you like. I was thinking of the hungry sixteen-year-old boy, when I included them.

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H.C. 1/25/27

If you want more information on planning meals for the children, I suggest that you send for three bulletins published by the U. S. Department of Agriculture. One of them is "Good Proportions in the Diet." The second is "School Lunches." The third is "A Guide to Good Meals, for the Junior Homemaker."

And while you're sending for information, don't forget the Radio Cookbooks. I have heard, from authentic sources, that the Radio Cookbooks are the best Radio Cookbooks ever printed. In fact, I've heard it so often I almost believe it myself.

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JAN 19 1923
U. S. Department of Agriculture

PROGRAM.....Housekeepers' Chat.....

RELEASE Wed., Jan. 26.

ANNOUNCEMENT: How to treat a new washing machine, how to make an ironing board, and a homemade sprinkler, and hints on washing silk precede the menu in Aunt Sammy's daily chat. Both laundry and food information are approved by the U. S. Bureau of Home Economics.

I intended to talk about dieting, today, and the latest spring styles in feminine figures, but here is a question which needs my immediate attention. A husband on the Western coast has promised his wife a washing machine for her birthday. I'm afraid if I don't answer this question, right away, by radio, he may change his mind and get her a cut-glass do-funny for the what-not. And maybe she'd rather have a washing machine.

Here's the question: "My husband is planning to buy me a new electric washing machine for my birthday. He has suggested that I write to you, and find out what to look for in buying a washing machine.

Select a machine of the size and shape that will fit your needs and the place where it must be kept. If you have large washings of course you'll need a large machine. If you have only a limited space in which to store it, however, you may have to compromise.

Before ordering your machine find out about the electric current you will use with your machine, whether it is direct or alternating. If it is alternating inquire about the cycle.

Available water supply is another point to think about in choosing a washing machine. With some types more water is needed for a family wash.

The condition under which a machine is to be used should be carefully considered. Will you keep your machine in the kitchen, or on the back porch? If so, you want a machine that is compact, easy to move, and flat-topped. The flat top may be used as a working surface, between wash days.

Find out whether the machine is easily oiled, and how often it must be oiled. Choose a machine in which the grease from the gearing is not likely to find its way into a tubful of clothes. The noise of operation is also worth considering.

A machine of simple construction, with a relatively small number of parts, is always a wise choice. If possible, buy your machine of a good firm, which has a repair service.

How to dress a new washing machine, how to wash and iron, and how to use the various appliances and hints on washing and ironing. This book is a complete guide to the laundry and food department of the home.

Interests in the home, and the latest washing machine in the market. This book is a complete guide to the laundry and food department of the home.

How to dress a new washing machine, how to wash and iron, and how to use the various appliances and hints on washing and ironing. This book is a complete guide to the laundry and food department of the home.

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H. C. 1/26/27

Be ~~sure~~ that the frame of the machine is strong and rigid. Adjustable legs, or three legs instead of four, help in a laundry room where the floor is uneven. If the machine stands well above the floor, it is easier to clean under it.

First, easy-rolling casters are helpful, especially if the machine must be moved around once a week. On the other hand, a method of fixing it firmly in place, so that it will not move around while being operated, is necessary, if the machine vibrates badly. This is often the case with washing machines run by motors, or engines.

Notice particularly the water outlet. If possible, get a machine with a built-in faucet, to which a hose can be attached. We have progressed from the days when we filled the washing machine by the bucketful, and emptied it by the same method. Perhaps you were never the slave of a kitchen water bucket.

Surveys made recently in the United States show that farm women travel 14 to 125 miles a year, with the water bucket. When the year is up they have carried, tugged, and dragged 30 to 40 tons of water into the house, to keep the kitchen water bucket filled. I know this statement is true. Seems to me I carried about 40 tons myself one year, before we had running water in the kitchen. Now you know why I'm so radical on the subject of water buckets. Water in a pipe meant my emancipation from the role of water-carrier.

To resume the subject of washing-machines, the tubs must be considered. Although good tubs made of cedar give excellent service, metal tubs are less likely to warp, and become rough. Metal tubs are also perhaps more sanitary, in the long run.

When you buy your machine, don't forget to examine the wringer. Get one with good quality, firm, rubber rollers, ball bearings, heavy springs, inclosed gears, and reversible action. When using the wringer, adjust the pressure to the kind an quantity of clothes, being wrung. If there are two pressure screws, tighten them evenly and at the same time. After using the wringer, loosen the pressure screws, and wash the rollers thoroughly. If the rollers are discolored, wipe them occasionally with a cloth moistened with a few drops of kerosene. Be sure to wash off all traces of the kerosene, because it softens the rubber. Oil the gears, from time to time, with good machine oil. And-- this is important-- protect the wringer from dust by covering it with a cloth bag.

Since I've told you what kind of a machine to buy, perhaps I should tell you how to take care of it. Proper use and care will lengthen the life of a washing machine, as well as any other mechanical device.

Wash the correct amount of clothes in your machine, as specified by the manufacture. Overloading is hard on the clothes, and on the machine. The water line is marked on most machines. Too much water causes excessive splashing, and in many cases cuts down the efficiency of the washer.

The operation of the machine is simple. It is operated by means of a hand crank on the side of the machine. The water is drawn into the machine from a tank or a well. The water is then pumped into the clothes and is squeezed out. The water is then collected in a tank or a well. It is easy to clean the machine.

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H. C. 1/26/27

Cleanliness is of great importance. After using the machine, rinse it thoroughly with hot water, operate it for a short time, drain, and dry. When the machine is not in use, leave the drain faucet open, and prop the lid up an inch or two, to allow free circulation of air. If you have wooden tubs, of course you know it's best to fill them with cold water before using them again, to swell the wood, and prevent leaks. Take out removable parts and dry them thoroughly. Dry the metal tubs, also, to prevent discoloration.

Don't use ordinary scouring powders, to remove stains. A very fine scouring agent, such as whiting, may be used safely. Hot vinegar is also useful in removing stains.

Galvanized iron, the metal which so many washing machines are made of, is iron, coated with a thin film of zinc. Hard water, and some washing powders, are likely to cause a deposit on galvanized-iron tubs. To remove this discoloration, use a paste made of whiting and kerosene. Be sure to rinse out the paste, before the tubs are used.

Have you ever noticed a greenish compound, called verdigris, on copper tubs? This can be removed by a solution of soapsuds and ammonia, or by a paste made of whiting and oxalic acid. The oxalic acid is poison. Keep it labeled and out of the children's reach. Copper tubs are often made with a heavy coating of tin, on the copper. Don't scratch this tin coating with coarse cleaning powders.

When you buy your washing machine, ask for the book of instructions furnished by the manufacturer. Follow the directions, and your machine will last longer, and give better service.

Have I told you about my clothes-sprinkler? It is a spray head, attached to a cork and fitted into a medium sized bottle. A round wisk broom also makes a good sprinkler. Both these devices give a finer spray, and do the work in less time than the old-fashioned hand method.

Here's another suggestion. Would you like to have a folding ironing-board? I mean one that is hinged to the wall, and supported with a prop. Many ironing boards are now built as part of the house, with a narrow case, or closet, into which they can be folded. This folding ironing board I'm talking about has a small sleeve board, hinged above the ironing board proper. In the wall case below the ironing board, there is a small shelf for the iron, the sponging cloth, and other small equipment.

This board can be very easily made at home. If you want directions for making it, send for Farmers' Bulletin Number Fourteen Ninety Seven, on Home Laundering. This bulletin also gives suggestions for the arrangement of a home laundry, gives a logical time-saving method of doing an ordinary family washing, and includes a discussion of soaps, waters, starches, and other laundry supplies. It's well worth adding to your household textbook shelf.

I will answer one more question, and proceed from that to the menu.

H.C. 1/26/27

"Please tell me how to iron white silk, so that the silk will not turn yellow?"

I have an idea that you have been using too hot an iron. Silk scorches very easily. It gets yellow when ironed with a very hot iron. Use a warm iron, and protect the silk with cheesecloth. Even with this protection, it is best to iron the silk on the wrong side.

Today's supper menu includes cold sliced ham, potato salad, cranberry muffins, applesauce, and ginger cookies.

There must be at least a dozen ways of making potato salad. I recommend this method, worked out by the Recipe Specialist in the U. S. Bureau of Home Economics, because it calls for celery and chopped pickle, both of which are very good in potato salad.

You will need six ingredients, as follows, for the potato salad:

4 medium sized potatoes
1 cup finely cut celery
1-1/2 teaspoons salt
1 teaspoon grated onion or more
1/4 cup chopped pickle
1 cup cooked salad dressing

Six ingredients. (Repeat)

Cook the potatoes, in their jackets, in boiling salted water. As soon as the potatoes are tender, but not soft, drain them, and remove the skins. When they are cold, cut the potatoes in small uniform cubes, and pour over them the salad dressing, while it is hot. The potatoes absorb the hot dressing, and have a better flavor. When cool, add the celery, and if desired, cucumber and green pepper, also cut into small pieces. Mix together lightly, to avoid breaking the potatoes and making them mushy. Chill thoroughly, and serve on crisp lettuce leaves.

I've told you how to make cranberry muffins, and the recipe is in the radio cookbooks.

Perhaps I'd better repeat this menu, in regular form, so you may write it down: Cold Ham; Potato Salad; Cranberry Muffins; and Ginger Cookies.

That's that, till tomorrow.

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"Please tell me how to fix it" Yellow

I have an idea that you have been using very easily. It has yellow when ironed with a very hot iron. The iron, and proper the silk with this protection, it is best to iron it in the wrong side.

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PROGRAM..... Housekeepers' Chat

RELEASE Thurs., Jan. 27

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Reserve
ANNOUNCEMENT: Today Aunt Sammy is going to talk about reducing diets, for those who would get rid of excess weight. The information has been approved by the U. S. Bureau of Home Economics.

Feeling the need of rest, and relaxation, I called on my Next-Door Neighbor last evening. I found her reclining on the plum-colored davenport, reading a newspaper.

"Come in, Aunt Sammy," said she. "Business is looking up. No more will you find me doing my 'stoutness exercises,' rolling on the floor, and depriving myself of cream puffs and chocolates. They're going to wear curves, in the spring!"

"Who says so?"

"Dame Fashion says so! Sit down, help yourself to the candy, pass me a piece, and listen to this poem."

I did as I was told, and my Neighbor read me the following verses:

Oh girlies, have done with your diets.
Step up to the nose-bag, my dears,
And signal the waiters, to bring you potatoes,
While I give Dame Fashion three cheers.
Come out of tha calory complex,
No grief should a pound or two bring,
Let your avoirdupois, be the chief of your joys,
For they're gonna wear curves, in the spring!

Lay off of those trick calisthenics,
No more need you roll on the ground,
And writhe in contortions, to flatten out portions,
Which nature intended for round.
But bring on your fudge, and your bon-bons,
Eat pancakes, or any old thing,
No longer you hafter resemble a rafter;
They're gonna wear curves, in the spring!

...for ... those who ... of the U.S.

...the need of rest, and ... I found her ...

...said she ... "I ...

"He says so"

"I ... help yourself ..."

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...I ...

So here's happy days to you, Girlies,
And a most pul-chri-tud-in-ous year,
May you all blossom out, till you're stylishly stout,
'Fore the bathing beach season draws near,
Sure, it's gonna be tough on the thin ones,
But think of the joy it will bring
To Tubby, and Shorty, and Fair-Fat-and-Forty,
They're gonna wear curves, in the spring!

"There," concluded my Neighbor, "pass me the candy again. Two pieces, please!"

"Take them," I said. "And give me a copy of that verse, for Uncle Ebenezer. I'll stick it under his door tonight. He cavorts about, an hour every morning, trying to reduce his avoirdupois."

"Poor Uncle Ebenezer," said my Friend, sympathetically. "Do take him some of my chocolate creams."

"No indeed," said I. "He's my uncle, and I'm responsible for what he eats."

"Seriously speaking," said my Next-Door Neighbor, "How should one reduce, or keep his weight down to the proper poundage? They say that over weight may be a serious menace to health."

"Yes, but many persons, especially women, ruin their health in unwise attempts to acquire a slender, boyish figure. I haven't any sympathy with vain, lazy people, from five to fifteen pounds over the stylish figure, who try to get thin with washboard curves, victrola cures, and all sorts of queer medicines, and magic pills. Why don't they take more exercise, and follow a safe reducing diet!"

"What is the proper diet, Aunt Sammy, for one who has a tendency to put on weight?"

"That is rather hard to answer, off-hand, but in general a reducing diet is one which is low in calories."

"What is a calorie?"

"A calorie is the unit of measure of heat, or fuel value, just as the pound is a measure of weight. Calories are used to measure the fuel value of foods, and also the energy spent by the body. The number of calories in a pound, of most of the common foods, is published in government bulletins, and in text-books on food. When discussing the fuel value of a whole meal, or a week's supply of food, the term '100-calorie' is often used for convenience, just as we say a dollar, instead of one hundred cents."

"What are 100-calorie portions, of some of the common foods?"

"Let me think-- I'll give you a list of 100-calorie portions: One large

H.C. 1/27/27

apple; or a medium-sized orange; or a medium-sized potato; or five-eighths of a cup of milk; or two scant tablespoons of sugar; or one scant tablespoon of butter. Those are all 100-calorie portions."

"I see," said my Neighbor. "I get a hundred calories, whether I eat a large apple, or a scant tablespoon of butter. That being the case, I'd better concentrate on the apples, and cut down on the butter, if I want to reduce. Is that the idea?"

"Something like that. If you have a tendency to store up fat, include in your diet lots of watery and bulky fruits and vegetables, which contain only a small amount of fat, and are low in calories or fuel value but high in minerals and vitamins. Foods which are rich in starch, and fat, and protein-- all three of which are more concentrated foods-- should be used sparingly. It's fairly easy to limit the amount of fat, since most of the fat is added to the diet. If you're planning a reducing diet, cut down or limit the amount of butter, cream, all dishes prepared from cream, fat meat, fried foods, and salad oils."

"Couldn't do it," sighed my Neighbor. "I can't eat salad, without salad dressing."

"You don't have to. Use a simple French dressing with lots of vinegar or lemon juice, and very little oil. Some people even go so far as to use mineral oil, in making salad dressing. Mineral oil is not digested, but simply acts as a filler, and helps carry the flavor.

"Many people do not realize that the fats of the diet, especially when served in the form of butter, cream, and rich sauces, gravies, and dressing have the highest calorie value of any of the types of food. The oil dressing, served with a lettuce salad, has many times as much calories as the lettuce. A small pat of butter, served with a medium-sized baked potato, contains as much or more fuel value than the potato itself. You see why most all fats must be cut out of a reducing diet."

"What about butter?" pleaded my friend. "Life without butter would be tragic."

"Yes," I said. "It might be, for butter contains a vitamin, which is very important. So, when you restrict the amount of fat in your reducing diet, you may keep a little of it in the form of butter."

"Thank you for that," said my Neighbor. "Now can't you be specific, and tell me the foods needed each day, to make a reducing diet safe? How many calories does the average woman need in her daily diet, if she is reducing?"

"If the foods are properly selected, she needs at least 12 one-hundred calorie portions to supply essentials. That's 1200 calories a day. It may not be safe to go below 1200 calories, and these must be selected carefully. Even if you are reducing, the body has need of certain food substances to repair its tissues and keep it in proper running order."

"I can give you a list of the foods to eat, to get these 1200 calories. Select 600 calories, or half of the day's total amount of calories, from these foods: lean meat; chicken and fish; sea food; milk, cheese and eggs. In these foods, you get your 'efficient protein', and the body needs 'efficient protein' to build new tissues, and repair old ones. No diet is safe, which eliminates the protein foods. Reducing diets include the foods which contain the necessary protein, and at the same time as little fat as possible. Such foods are skim milk, cottage cheese, lean meats, poultry, and fish.

"Now, after you choose 600 calories from the foods I just mentioned, you still have 600 calories to choose from among vegetables, fruits, and whole-grain cereals, including bread. You need these foods for bulk. There, is that specific enough?"

"I -- don't -- know, Aunt Sammy. It's a little difficult to understand. What about vitamins, for instance? You say that vitamins, and minerals; too, are ^{very} necessary for the proper health. Surely they must be included in a reducing diet."

"Indeed they are. Let's look at these 1200 calories in another way:

"Two hundred of them should come from milk and cheese. These supply calcium.

calories

"At least 600/ should be from eggs, meat, fish, poultry, and vegetables, or fruits. These are for iron.

"At least 400 calories should be from milk, eggs, or green-leaf vegetables. These are for Vitamin A. And then you need at least 50 calories from oranges or other citrus fruits; tomatoes, fresh or canned; or green-leaf vegetables which can be eaten raw. These are for Vitamin C. And vitamins, as I have said again and again, are necessary for normal growth, and health. Since some of the foods I have just mentioned serve several purposes, you will see that even a reducing diet of 1200 calories a day, allows for a choice of foods. And I can't be much more specific than that."

"I suppose not," sighed my Neighbor. "Aren't there any government bulletins, on reducing diets?"

"No. There are no government publications on the subject of diet, as a means of reducing body weight. The government bulletins talk about normal diet, for normal people. Over-weight may be linked up with some abnormal condition of the body, or even a specific disease, so it is best to seek the advice of a reliable physician before beginning any strenuous program for weight reduction. In general, however, I should say that a person who wants to reduce her weight should take plenty of exercise-- walking, tennis, horse-back riding, dancing, golf, and so forth--and go easy on the calories. Let watery and bulky fruits and vegetables predominate in the diet, and limit foods rich in starch and protein, and especially fat, with the precautions I've mentioned."

"It sounds so easy, to hear you tell it," said my Neighbor. "But you have never had occasion to reduce. Couldn't you plan a day's meals, for one who would be slender, and beautiful?"

"I can give you a sample reducing diet menu, prepared by scientists who have made a special study of reducing diets. This is only a suggestion of course, but it may show you how the information I have given is applied. Write it down, if you wish.

"The breakfast menu, in a reducing diet, might include two small sliced oranges; one egg; 1/2 square of butter; 1 slice of toasted bread; 1 glass of skimmilk; and coffee or tea, served clear, without cream or sugar.

"The dinner menu begins with a bowl of consomme. You may also have, for dinner, one medium slice of roast beef, three heaping tablespoons of spinach, three heaping tablespoons of string beans, asparagus and lettuce salad, six heaping tablespoons of sliced peaches, one glass of skimmilk, and a cup of clear tea. The asparagus and lettuce salad contains 12 stalks of asparagus, and two leaves of lettuce. Serve it with a very simple dressing, and don't use too much of it.

"The supper menu includes broth, three heaping tablespoons of cottage cheese, three heaping tablespoons of cauliflower, one medium baked tomato, lettuce salad, (made of one-third of a head of lettuce and a simple dressing), six heaping tablespoons of raspberries, one glass of skimmilk, and a cup of clear tea."

"Not bad," commented my Neighbor. "Lots of vegetables and fruits, and very little fat. I wouldn't starve on meals like those. Safe dieting is a much more safe and sensible method of reducing than taking two dozen bottles of Mr. Quack's 'Thin-O', guaranteed to make you look like a willowy sapling, in three days and two nights. Don't you think so, Aunt Sammy?"

"Certainly. But I must go. There are weird sounds coming from my front bedroom window. It's Uncle Ebenezer, with his Indian clubs. I hope he hasn't awakened the children."

With that, and two rich chocolate creams, I left my Next-Door Neighbor to her reading, on the plum-colored davenport.

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Housekeepers' Chat
PROGRAM

Jan. 28.
RELEASE

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Reserve

ANNOUNCEMENT: Flowers, vegetables, seeds, and a Vegetable Dinner are the high points in Today's Chat. All the information is approved by the U. S. Department of Agriculture. The menu and the two recipes will be included in the Radio Cookbook.

* * * * *

I have collected a dozen questions on fruits, vegetables, and flowers the past week. Friday is a good time to check them off the list. As soon as I have answered these vegetable questions, I shall give you a tasty vegetable menu.

Question Number One: "My vegetables, stored in the cellar, are beginning to wither. Would you advise sprinkling the floor, to provide moisture?"

The Bureau of Plant Industry, of the U. S. Department of Agriculture, says to either sprinkle the floor, or cover the vegetables with burlap sacks, or a similar material, and apply a little water to this covering. In a cellar that is extremely dry, it is desirable to partition off a section where the moisture and temperature conditions can be kept more nearly ideal. Such vegetables as carrots, beets, and parsnips, can be packed in moist sand, to maintain their moisture content.

Question Number Two: "My cellar is so warm that the fruits and vegetables are spoiling. Would you advise opening the windows at night, and letting in the cool air?"

By all means, says the Bureau. Open the windows, unless by so doing the house itself will become chilled.

Third question: "What's wrong with my geraniums? The new leaves fall off. The ends of the stems seem to dry up, and then the leaves die."

There are a number of conditions which cause the leaves to fall from geraniums. One of the most frequent causes is that the air in the house is too dry for the plants. This can be prevented, to a certain extent, by keeping open containers of water over the heating device in the room. Sometimes the leaves fall from geraniums because the plants receive too much, or too little, water. Geraniums, to give the best bloom, should not be watered too much. Before watering the plants, examine the soil in the pot, and determine whether the soil is dry. If it is, give the pot a good watering, so all the soil in the pot will be well soaked. Remember it is dangerous to keep a potted plant in a closed jardiniere, and allow any excess water to collect in the jardiniere. Gas fumes, from coal, and gas burners, are sometimes the cause of house plants dropping their leaves.

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Fifth Question: "How soon can annual flowers be sown outdoors?"

This listener must be weary of winter. Such annual plants as the poppy, cornflower, larkspur, snapdragon, sweet alyssum, snow-on-the-mountain, summer cypress, and cosmos, can frequently be sown in the open ground before all freezing weather is over. It is generally considered best, however, to defer sowing the seed until freezing weather is over, and the ground is in good condition to work.

Will Question Number Six please step forward: "Is January a suitable month to prune flowering shrubs like lilacs, spirea, and snowballs?"

The Bureau of Plant Industry says the shrubs that flower in the spring should be pruned after they are through flowering. If you prune them now, you will cut off this year's flowers, as the flower buds have been formed on last year's wood, and no more will be formed before flowering time.

Question Seven: "Does rain or snow have any value as a fertilizer?"

I'll have to tell you something about this question. When I submitted it to the Plant Specialist, I remarked that it was a queer question -- I wondered why anyone should think that rain and snow have much value as a fertilizer. What do you guess the Plant Specialist did? He leaned up against the wall, with a lot of rakes, and spades, and hoes, and things, and said he judged I didn't know as much about farming as I did about cooking, and house-keeping. I made no more comments, after that.

The truth is, that rain and snow do have fertilizer value, due chiefly to the nitrogen they contain. The amount of nitrogen brought down by the rain and snow is around five to seven pounds per acre, per year. Near large industrial cities, the amount is even higher.

Question Number Eight. - Step up please! I want to talk about the menu pretty soon. Question Number Eight: "How should rhubarb be cared for in the spring?"

Covering with straw, leaves, or similar litter will induce earliness, and the formation of long, partly bleached stalks. Here's a suggestion, too, that may be of value for those who have a hankering for fresh rhubarb pie. Get some barrels, ~~remove~~ the heads, and set the barrels over the plants. You will have tender, well-bleached stalks of rhubarb, much earlier than if the plants were not covered. Even greater earliness will be obtained by placing glass covered frames over the plants. If you want additional information about rhubarb, please write to the Department of Agriculture.

Question Number Ten -- no, Number Nine first. Don't crowd.

Question Number Nine: "From the first of the year on, at what temperature should I keep my potatoes in storage, so they don't become too sweet, and begin to sprout?"

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About 39 or 40 degrees Fahrenheit is the best temperature for your potatoes in order to prevent sprouting and too great formation of sugar. If the cellar is extremely dry, apply a little moisture to the floor, or to the containers in which the potatoes are kept.

Now, Number Ten: "Does the quality of the garden seed vary to any great extent?"

Yes, the quality of garden seed does vary. The cost of seed is so small, in proportion to the value of the crop, that the home gardener can't afford to buy any but the best seed obtainable. Good seed may cost slightly more than poor seed, but the good seed results in higher yields, and better quality vegetables. If you use home-grown seed, be sure to test the germination before planting time.

There are two more questions, about vegetables, but they can wait till Monday. I want to give you a menu now, a "vegetable" meal, and a very tasty one. By the way, I thank all the women who sent me words to use instead of "delicious," the poor adjective which suffered a nervous breakdown because of overwork.

Here's my Vegetable Meal: Corn Fritters, Glazed Onions; Scalloped Tomatoes; Pickle or Sour Relish or Lettuce Salad; and Jellied Prunes, and Cake.

Here's the recipe for Corn Fritters, made with canned corn. Seven ingredients:

1 cup liquid, either juice from canned corn, or milk, or the two mixed
1 cup drained canned corn
1-3/4 cups sifted soft-wheat flour
1 tablespoon melted fat
1 egg
2 teaspoons baking powder
3/4 teaspoon salt

The ingredients are seven: (Repeat)

Mix the flour, baking powder, and salt. Mix the juice from the canned corn, or milk, or whatever liquid is used, the egg after it has been beaten slightly, and the canned corn. Stir this liquid mixture gradually into the dry ingredients. Add the melted fat. If the corn is very moist even after the liquid has been drained from it, more flour may need to be added. Dried corn which has been soaked and cooked until tender may also be used.

Fry the corn fritters in deep fat or, if preferred, in a skillet in shallow fat. In either case, drop the mixture by spoonfuls into the fat and fry rather slowly, for these fritters need time to cook through to the center before the outside becomes too brown. Drain the fritters on absorbent paper and serve hot.

Faint, illegible text, possibly bleed-through from the reverse side of the page. The text is mirrored and difficult to decipher.

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For the Glazed Onions, you will need 10 medium-sized onions; one-fourth cup sugar; and two tablespoons melted butter. I'll say that again. For the Glazed Onions, you will need 10 medium-sized onions; one-fourth cup sugar; and two tablespoons melted butter.

Peel the onions and boil whole in salted boiling water until fairly tender, from 20 to 30 minutes. Mix the sugar and butter together and spread over the sides and bottom of the baking dish or pan. Drain the onions and place them in the pan and bake in a moderate oven until brown, increasing the heat toward the last. Water cooks out of the onions, and the browning process is rather slow but when finished they should have a rich brown glaze.

The rest of the menu is easy. The Jellied Prunes are made with gelatin, in the same way as jellied fresh fruit. Be sure to add a little lemon juice, to tone up the prunes.

Check the menu, now, to see if it's all there: Corn Fritters; Glazed Onions; Scalloped Tomatoes; Pickles, Sour Relish, or Lettuce Salad; Jellied Prunes; Cake.

I don't have Monday's program planned yet, except for one thing -- a recipe for Lemon Pie Filling. You will agree with me, that this Lemon Pie Filling is one of the best recipes yet broadcast.

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Housekeepers' Chat

Mon., Jan. 31.

PROGRAM.....

RELEASE.....

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Reserve

ANNOUNCEMENT: Gardening, chicken-raising, interior decorating, housecleaning, vegetables, and a delectable recipe for lemon pie are given due consideration by Aunt Sammy. The recipe will be included in one of the new supplements to the Radio Cookbook, copies of which are sent free on request to listeners of Radio Station _____.

I tore off the January page of my calendar today, and counted the holidays in February. Valentine's day, Lincoln's birthday, and Washington's birthday. If I broadcast a great deal of practical information within the next few days-- well-balanced meals, and common-sense recipes-- perhaps you'll let me plan a party luncheon for you next week. Nothing elaborate, you understand, but something attractive, and out of the ordinary.

However, it isn't yet time to be thinking about parties, when I have so many questions to answer. Here are two left over from last week.

First: "Is it all right to spade the home garden when the soil is wet?"

Better wait till the soil is not wet, especially if the land is heavy, or composed of a clay soil. It should be in such condition that each spadeful will break up easily, making a mellow mass, which requires but little additional fining before planting.

Second question: "Should the home gardener keep poultry?"

By all means, if he has the room, and can keep the chickens out of the garden during the growing season.

Poultry-raising is a popular--and also a profitable--way of utilizing extra space in city and town backyards. In nearly every household there are table scraps, and material from the kitchen, with feeding value, but which, if not used, find their way into the garbage pail. This waste material can be converted right back into wholesome and nutritious food, through the backyard poultry route.

By keeping a backyard flock, the family reduces the cost of living, and is supplied with eggs and meat of a quality and freshness often difficult to obtain. The eggs are rich in vitamins-- I do beg your pardon! You didn't ask me about vitamins today!

If you are contemplating a backyard poultry flock, and have never kept chickens before, write to the U. S. Department of Agriculture for the new

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bulletin on Poultry Keeping. This bulletin is Number Fifteen-O-Eight -- One Thousand, Five Hundred and Eight. It is called "Poultry Keeping in Back Yards."

Here's an interesting question: "Please tell me what types of curtains are suitable for a boy's room, and for a girl's room."

Let's take the boy's room first. He wants something colorful, with simple lines. As a rule, dainty ruffles, half tones, and delicate pastel colors are not appreciated by the boy. I know one high school youngster whose sister, having completed an art course, decided to do his room over. The curtains were an indistinct blending of many colors-- pink, lavender, light blue, green, and yellow.

"Don't you like them, Jimmy?" asked his sister, when he neglected to mention the curtains. "I reckon I do," said Jimmy, dubiously, "but they remind me of a washout."

As I said before, the boy needs strong color, and simple lines. The curtains for his room may be of burlap, denim, crash, or sateen, in strong color values-- green, brown, blue, or orange. Curtains of these materials may be hung from a painted pole, without a valance, or that part of the window drapery which is placed across the top of the window. If cretonne is used for the boy's room, select strong, vigorous patterns.

The young girl's room may be curtained with dainty, ruffly, curtains of dyed cheesecloth, dotted swiss, organdie, voile, marquisette, or net. If the woodwork of her room is white, she may want white curtains. Or she may prefer curtains which repeat the principal color note in the room. The materials I have mentioned may be used alone or with a valance, or with a valance and side draperies of cretonne, taffeta, poplin, or glazed chintz.

Here's another interior decorating idea that I like. Did you ever make bedroom curtains by hanging two layers of organdie or voile, of different colors, over each other? For instance, a blue organdie, hung over a rose, makes the effect a beautiful mauve. Blue, over yellow, makes a green effect. Instead of making tie-backs of the curtain material itself, some people use big wooden beads, strung on colored cord.

I know of one pretty bedroom which has a charming curtain arrangement-- ruffled tie-back curtains of cream-colored voile, over a glazed chintz shade. The shade has a design in colors. Glazed chintz, figured, or plain red or blue, is often used for curtain shades. The material is a cotton fabric, starched and glazed.

I hope I have given you enough information about curtaining the girl's room. Of course if she is the athletic, out-of-doors type, she may prefer curtains like those in her brother's room-- strong colors, straight lines, and vigorous, definite patterns. After all, I can give you only suggestions.

Next question: "Please tell me how to care for upholstered and leather furniture."

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For upholstery, either a vacuum cleaner, or a brush, is a most effective tool. A soft brush is best for velvet and velour, a stiffer brush for tapestry and other strong, firm materials; and a pointed brush for tufted upholstery. If convenient, upholstered furniture should be taken out of doors occasionally, and beaten with a flat carpet beater.

If it's impossible to take the upholstered furniture outside, it may be cleaned indoors, this way: Cover the furniture to be cleaned with a cloth, which has been dipped in water, and wrung as dry as possible. Then beat the furniture with a flat beater. The damp cloth takes up the dust.

Leather furniture coverings look better and last longer if they're rubbed occasionally with castor oil. The use of castor oil, or a commercial leather polish, restores to the leather the oil that gradually dries out. The liquid should be well rubbed in, and any excess wiped off the surface; otherwise this film of oil will collect and hold dirt, which will darken the leather, and soil whatever touches it.

You didn't ask me how to treat wicker furniture, but I'll tell you anyway. The crevices in wicker furniture are difficult to clean, but fortunately dirt doesn't cling to wicker as it does to upholstery. Brushing, followed by dusting, seems to be the best treatment for wicker furniture.

Only one more question: "You stress the use of fresh vegetables and fruits in your meals," writes a listener, "but these things are very expensive in my town, this winter. Can you tell me what to use in salads, besides lettuce?"

I know fresh fruits and vegetables are expensive, in many parts of the country. But cabbage is available almost everywhere, and cabbage can be used in almost as many ways as can lettuce. If you depend on cabbage considerably for salads, make different salad dressings.

I have here a copy of the monthly market review of fruits and vegetables, released in January, which contains some interesting information for housewives. Carlot supplies of fruits and vegetables are running 25 per cent heavier than last season, because of the increased production. Comparative increases appear in the staple fruits and vegetables, and in many southern truck crops. This state of affairs seems likely to continue through winter and spring, because of the larger acreage in so many lines, according to the market report. It also states that potatoes and sweet potatoes are about the same price as last month, that apples, onions, celery, and spinach are tending upward, and that cabbage and a few other vegetables, incline slightly downward. I told you so! Looks as if I'd have to hunt up a cabbage recipe for tomorrow.

Plenty of oranges and grapefruit, states the report. They're good in salads. Let's see, here's an encouraging item: "Heavy Planting of Strawberries." And listen to this: "Early sales of Florida strawberries, in northern markets, started at \$2.75 per quart, and declined rapidly to 75 cents."

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If strawberries continue declining at this rate, we may have strawberry shortcake before long. In the meantime, since citrus fruits are more reasonable than strawberries, let's have a recipe for lemon pie. This recipe is straight from the experimental kitchen of the Bureau of Home Economics.

You will need eight ingredients for the lemon pie filling. Ready?
Eight ingredients:

1 cup cold water
3/4 cup sugar
3 tablespoons cornstarch
3 egg yolks
4 tablespoons lemon juice
Grated rind of 1/2 lemon
1 tablespoon butter
3 egg whites and 3 tablespoons sugar

Once more, please, eight ingredients: (Repeat)

Mix the cornstarch, the cold water, and the salt, place over the fire, and stir constantly until thickened and the cornstarch is thoroughly cooked, -- about 10 minutes. Add the sugar, lemon juice and rind, the butter, and the beaten egg yolks. Cook for one or two minutes over steam. Pour this mixture into a cooked pastry shell, and cover the filling with the meringue made by thoroughly beating the egg whites and adding the sugar and a little salt. Bake at a low temperature (250°F) for 20 minutes, then raise the temperature until the meringue is a light brown.

I believe this one recipe is worth as much as a whole dinner menu. Therefore, I'll leave the menu till tomorrow.

Please don't forget to tell me what recipes you want broadcast during the next four weeks, and what other sorts of practical information you'd most appreciate. All suggestions, for making the Housekeepers' Chats better, are gratefully received.

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